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JANUARY 2017 #117 FREE

# CHOPSTICKS NY®

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Gourmet &  
Home Cooking  
Issue





**A New York hair salon that lets your beauty shine**



**Newly Opened**  
**Hair Salon in the East Village**



With the experience of operating over 100 salons in Japan, AUBE hair brings high quality services to the US. Our clients' desired images of beauty come to life with the latest equipment that we utilize and the superb techniques of our stylists. Enjoy our hospitality at its best in an atmosphere where both our clients and staff can be comfortable.



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**AUBE hair New York**

77 E. 10th St. (bet. 3rd & 4th Aves.)  
347-259-1111 Open 7 days / 10:00 - 21:00

[aube-new-york.com/en](http://aube-new-york.com/en)



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	Mist care	\$10			

\*All services include "shampoo" and "blow & dry" services

**We are currently hiring hair stylists and nailists. (Contact Fumiyuki)**





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"Daruma doll" is a popular lucky charm in Japan. Modeled after the figure of Zen Buddhist floodcrossers, the doll has a red round shape with a bearded face.

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# From Bento to Dora-yaki, Bringing a Brooklyn Flavor to Manhattan



Serving home roasted craft coffee and a variety of healthy bento boxes as well as functioning as a central kitchen for Japanese restaurants, 932J Maine Sushi Shack, Sanjusai Momo, Sanjusai Papa, and Moku Moku, Brooklyn Ball Factory is the epicenter of the Japanese dining scene in Brooklyn. The café/central kitchen is now bringing their Japanese flavors with Brooklyn twists to Manhattan.

The Brooklyn Ball Factory Hello Kitchen, which opened in November, 2016, offers bento boxes, onigiri rice balls, and Japanese curry rice, which are all made of additive-free ingredients with masterful technique. Their Meatball Bento, for example, are prepared using 100% USDA Choice grade Angus beef, ground onions and served with a sauce made with fermented applesauce. Also introduced there is dora-yaki, Japanese mini pancake sandwiches stuffed with anko (sweet paste made of beans or potato). Traditionally, dora-yaki is stuffed with red bean paste but they added more creative flavors to their lineup, such as matcha green tea flavored anko, flat mochi rice anko, Japanese sweet potato pasta anko, cream cheese anko, and chocolate anko.

In addition to the café service, they take catering orders provided by their restaurants mentioned above, which include traditional Japanese, Asian, Western and contemporary cuisines. The dishes created by chefs specializing in various cuisines bring ideal flavors for any occasion. And don't forget to grab a cup of coffee from 354PM ROASTERS.

## Brooklyn Ball Factory Hello Kitchen

2201th Ave. 2nd, 4th & 5th Fls | New York, NY 10026  
 Tel: 646-442-0825 | [www.brooklynballfactory.com](http://www.brooklynballfactory.com)



Unique take on Japanese dora-yaki. A layer of matcha anko, stuffing and fully into pancake is matcha anko.



Brooklyn Ball Factory bento is traditionally well-balanced and with no additives, preservatives nor MSG.



Morning light comes in to the Brooklyn-style industrial space in Hello Kitchen.



## CAFE

# Opening Onigiri Rice Ball Specialty Tea House in Chinatown

heavy location... and they are hoping to attract people from neighboring Chinatowns, Little Italy and SoHo.

Yaya Tea's signature is onigiri sandwich-style onion rice balls with a variety of fillings, ranging from classic (Salmon and Prawn) to creative (Sausage, Crab Meat & Egg and Fried Spam, Pork Sausage with Radish & Sweet Chili and Dandelion with Sausage Salad & Spicy Mayo). The grab-and-go warm rice selections are available only at this location. They recently renewed their menu, providing a more exciting, healthy and tasty array of onigiri. Also, they serve a wide selection of brewed teas using premium tea leaves (Mint White Chocolate and Matcha White Chocolate). "Tea is good for your health, so I'd like to further expand the tea-drinking culture," says the owner of Yaya Tea Garden. She also takes pride in a great selection of Japanese and Asian snacks.

They are currently offering original treats, including glass jars and umbrellas at promotional prices. Also, if you purchase a glass jar and bring it back the next time, you will get 15% off the price of your drink. If you grab Yaya's warm, freshly made onigiri and tea while strolling in the neighborhood, you will never feel cold this winter.



Yaya Tea Garden's creative onigiri rice balls get brewed traditional style. You can miss the them at home.



Their snack selection is amazing. They sell every Japanese snack that we want to find in the US.

Located on the corner of Grand Street and West Street, Yaya Tea Garden welcomes you to its onigiri wonderland. There are 12 seats for dining in.

## Yaya Tea Garden

376 Grand St. (bet. Grand & West St.), New York, NY 10013  
TEL: 212-678-0832 | www.yayatea.com

## FOOD

# "shiki cup- cakes": Adorable and Scrumptious Sushi

Launched earlier this year shiki NYC is a catering company that offers health-conscious Japanese bento boxes and party foods. Just in time for the New Year's Eve, Super Bowl, and Chinese New Year seasons, they started serving "shiki cupcakes." These are not your typical cupcakes but a sort of adorable and scrumptious bento sushi (bento-sandwich, ball-shaped sushi). Formerly served only on their catering menu, shiki cupcakes were recently added to the regular menu. Just like a cupcake, each bento sushi is contained in a rolled paper cup, allowing you to enjoy it without using chopsticks and with no need to get your fingers dirty. And unlike regular sushi, it uses vegetables, meat and smoked fish for the toppings. One package (\$15) contains seven assorted bento sushi, each of which have strong flavors such as smoked salmon and shiso leaves, teriyaki eggplant and cheese, buns and prosciutto, vinegared lotus roots over seven green rice, bell pepper and dried curry, beef brisket and wasabi, and chicken teriyaki and lemongrass. They deliver in Manhattan with a \$3 delivery fee, and don't forget to place your order at least 2 days in advance.

\*Prices may change depending on the availability of ingredients on that day.



Info: TEL: 646-684-0725 | www.shikinyc.com

## BEAUTY

# Bringing Up-to-date Japanese Hair Techniques and Styles

With the experience of operating over 100 salons in Japan, AUBE Hair New York opened its first New York location in October 2016 in the East Village. Their veteran hair stylists are bringing up-to-date hair techniques, services and styles from Japan. Their services are authentically Japanese. For example, one stylist oversees a client from start to finish, providing a thorough consultation with deep understanding. Also, the products and equipment they use are imported from Japan, making their services suitable for especially those with sensitive hair and skin. One innovation piece of equipment is a full-fat YUME shampoo station, which enables them to offer spa quality relaxation during shampoo and scalp massages. From cut, perm, color, hair care, scalp care to styling, AUBE is now providing top quality services established in Japan to New Yorkers. For new clients, they are currently offering two promotions: choose either 25% off all services or free Organic Head Spa (40 min.) with an order of any service.



AUBE Hair New York TEL: 305 St. (bet. 3rd & 4th Ave.) New York, NY 10003  
TEL: 347-259-1111 | www.aubehairnewyork.com



# ENJOY TEMAKI SUSHI PARTY!



Temaki Sushi is a kind of casual style of sushi. Just make sushi rice and bring sushi ingredients, then just roll it! You don't know how to make sushi rice? Cook 2 cups (16 oz) of short or medium grain rice (\*), add 6 tablespoons of Mizkan Sushi Seasoning while it's hot, and mix it well! Let's roll it!



\*Tip:

When cooking rice, reducing the water by the same amount of sushi seasoning would produce a rice texture of sushi rice.



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www.mizkan.com  
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East Village - 9th St. x 1st Ave.



# Gourmet & Home Cooking

The New Year is a good time to start something new. Why not add new seasonings and ingredients to your pantry and broaden your cooking repertoire.

-  **Add Japanese Seasonings to Your Pantry**
-  **11 Recipes Using Japanese Seasonings**
-  **Restaurants Offering Winter Specials**

Ajicon Ramen / Blu Orchid Thai Kitchen / Ni-Na Sushi /  
TEISUI / Topaz Noodle Bar / Uogashi

## Listing

-  Grocery
-  Japanese Restaurant



# Add Japanese Seasonings to Your Pantry

Ketchup, mayonnaise, olive oil, vinegar—the seasoning items you keep on hand might be enough to cook your favorite foods, but how about adding some others and broadening your cooking options? Rich in umami and with taste profiles quite different from those of Western herbs and spices, Japanese seasonings can play a great supporting role in expanding your cooking repertoire. Here, we introduce recipes involving some of the most common Japanese seasonings.

© amychothens.com

## Red Miso

Miso is made with soybeans, salt, kōji rice, barley, or soybean-based fermenting agents, and water through fermentation. That salty paste has a pleasant umami and sweetness. Red miso is full-bodied and strong and adds a kick to your cooking.

### Shrimp Stir-fry with Creamy Tomato Sauce



#### (Ingredients) (Serves 2)

- 1/2 lb medium-sized shrimp, deveined\*
- 1 tsp red miso
- 1 tbsp tomato ketchup
- 1 tbsp mayonnaise
- Pinch of cayenne pepper
- 1 clove garlic, minced
- 1/2-inch ginger, minced
- 1 scallion, finely chopped
- 1 tbsp sesame oil
- Boiled broccoli for garnish

\*You can use pre-cooked, frozen shrimp.

#### (Directions)

1. Mix miso, ketchup, mayonnaise, and cayenne pepper well, and set aside.
2. Heat sesame oil in a pan and sauté garlic, ginger, and scallion until they release an aroma.
3. Add shrimp and stir fry until they cook through.
4. Add in the sauce and stir fry until it coats all the shrimp and they turn golden brown.
5. Serve the shrimp with boiled broccoli.

## White Miso

As savory as red miso, white miso is sweeter and lighter. It has an elegant umami that can add interest to a dish but is not overpowering. It is even used in desserts.

### Cold Tofu with Almond-Miso Sauce



#### (Ingredients) (Serves 2)

- 1/2 lb white miso
- 1 tbsp almond butter\*
- 1/2 tsp maple syrup
- 1 tsp lemon juice
- 1/2 tsp water
- 1/2 package tofu (soft, medium, or firm)
- 1/2 red onion, thinly sliced
- 1 scallion, finely chopped
- 1/2 tsp grated ginger

#### (Directions)

1. Mix miso, almond paste, maple syrup, lemon juice, and water well.
2. Cut tofu into bite-sized pieces.
3. Put tofu on a plate and top with red onion, scallion, and ginger.
4. Serve almond-miso sauce on the side or drizzle it over the tofu.

\*You can substitute tahini for almond butter.



## Shoyu (soy sauce)

Just like miso, soy sauce is made from soybeans, salt, barley koji, and water through fermentation. Since it is a liquid, shoyu has many uses.

### Beef Patty with Soy-Balsamic Sauce



#### Ingredients (Serves 1-2)

- 1/4 tsp dry soy sauce
- 1/4 tsp balsamic vinegar
- 2 beef patties
- 1/2 lb
- 1 tbsp vegetable oil
- Your choice of vegetable to serve on the side

#### Directions

- Mix dry soy sauce and balsamic vinegar.
- Heat oil in a pan and sear both

sides of beef patties.

- Add half of the soy-balsamic mixture and dress the patties.
- Remove patties from the pan and set them aside.
- Add the rest of the soy-balsamic mixture into the pan and reduce it to half.
- Place beef patties on a plate and drizzle the reduced soy-balsamic mixture over them. Serve with vegetables on the side.

## Su (rice vinegar)

Made with rice, rice koji, and water through a fermentation process, su adds the sweetness of rice behind the sourness. Once you heat it up, the sweetness stands out more.

### Turnip and Sausage Stir-fry



#### Ingredients (Serves 1-2)

- 1 turnip
- 2 sausages
- 1/4 tsp salt
- 1/4 tsp rice vinegar
- 1/2 tsp vegetable oil

#### Directions

- Cut turnip into 1/2-inch slices. Cut sausage diagonally into 1/2-inch slices.
- Heat oil in a sauté pan and add turnip to stir-fry for 30 seconds.

3. Add sausage and stir-fry for 30 seconds.

- Reduce heat to low, put a lid on the pan, and let it cook for 6-7 minutes.

- Remove the lid and turn the heat up to high. Add rice vinegar and stir-fry for 2-3 minutes until liquid has evaporated.

## Ponzu

This citrus and soy sauce is made from shoyu, dashi broth, and citrus juice. It is more refreshing and lighter than soy sauce thanks to the citrus juice but still rich in umami because of the dashi.

### Tomato Salad with Ponzu Dressing



#### Ingredients (Serves 2)

- 10 grape tomatoes
- 4 cherry-sized balls of mozzarella cheese
- 1/2 clove garlic, minced
- 1 tbsp ponzu
- 1/2 tsp extra virgin olive oil

#### Directions

- Mince garlic, ponzu, and extra virgin olive oil well.
- Cut cherry tomatoes into quarters.
- Place mozzarella into pieces as small as the tomatoes.
- Toss tomatoes and mozzarella and drizzle with ponzu dressing.

### Japanese Condiments That Spice Up Your Mayo

Mayonnaise is a convenient condiment used in salads, sandwiches, pizza dipping sauces, and much more. Mayo and soy sauce can add a kick, but there are other Japanese condiments that can give mayonnaises an exciting twist.

**Wasabi:** Thanks to the popularity of sushi and sashimi, this pungent ingredient is already common in the Western world. It is the ground stem of the wasabi plant, a type of hot-pepper-like fresh wasabi is not easy to get, but wasabi-flavored garlic and powder are available in Asian grocery stores.

**Kaniwasabi:** This Japanese-style mustard has a stronger taste than its Western counterpart. Accordingly, you need just a tiny bit to spice up your mayo. Kaniwasabi has a slight bit of tartness, which goes well with umami from meat. Available in paste and powder forms.

**Tanaka kashi:** Made from green or red pepper (hot) and yuzu (a small Japanese citrus fruit), this scorching salty and spicy paste will add excitement to your regular dips and dressings.

**Shichimi togarashi:** Literally meaning "seven spices," it is a blend of several spices that includes red pepper powder. The blend is different from plain hot places, but it usually contains aonori pepper, cheap (dried) miso, orange peel, poppy seeds, dried ginger, and sesame seeds. It is mild yet flavorful.

**Mitsuba:** Although these ground green tea leaves are usually reserved for drinking as tea, mitsuba can be a great addition to your pantry. The bitter and aromatic green tea flavor will make your mayonnaises unique.





## Beef Shabu Shabu



### [Ingredients] (Serves 2-3)

- 1/2 lb thinly sliced beef (cut for shabu shabu)
- 1/4 whole napa cabbage □ 1 bunch scallions
- 4-6 shiitake mushrooms □ 3-5 slices carrot, cut into flower shape □ 1 cup winter
- French bag and kumho kelp (optional)

### (For dipping sauce)

- Kikkoman Ponzu □ Kikkoman Roasted Sesame Sauce □ Grated ginger to taste □ Finely chopped scallion to taste □ Grated daikon radish to taste

### [Directions]

1. Soak the kumho kelp in a pot filled with cold water for about 30 minutes.
2. Cut napa cabbage into bite size pieces.
3. Slice scallions diagonally.
4. Prepare the dipping sauce by adding grated ginger, chopped scallions and grated daikon to ponzu, and chopped scallions and ginger to sesame sauce.
5. Bring the pot of water to a gentle simmer and take out the kumho kelp.
6. Add beef and let it swim in the simmering water for a few seconds. Do not overcook.
7. Dip the cooked beef into either ponzu sauce or sesame sauce and eat immediately.
8. After cooking a few beef slices, add vegetables to the pot and enjoy when they are cooked.



When you eat vegetables as an appetizer, you can eat either cooked rice or udon to fill the hole and enjoy.

### Kikkoman Ponzu

This citrus flavored dipping sauce and is among the most popular in Japan for sashimi. It can be used right from the bottle on a dipping sauce to season ingredients in a variety of delicious recipes. Whisked together with a small amount of oil, it becomes a fantastic dressing.

### Kikkoman Roasted Sesame Sauce & Dressing

It's a delicious dipping sauce with a nutty sesame flavor and umami texture. It's great for shabu shabu, hotpot and sushi. It can also be enjoyed as a healthy dressing for salads, steamed vegetables and noodles.

[www.kikkoman.com](http://www.kikkoman.com)

## Salmon and Ikura Hand Roll Sushi



### [Ingredients]

(Serves 4)

- 3 cups (18 oz) rice □ 4 tbsp Mikan Sushi Seasoning No MSG □ 18 oz salmon (sashimi quality)
- 2 tbsp ikura salmon roe □ 1 1/2 cups (1 1/2 cups) Japanese style omelet □ 1 Persian cucumber □ 1 regular cucumber □ 2 packages tobiko spreads □ Soy sauce to taste □ 6-18 sheets nori seaweed

### [Directions]

1. Cook rice, and dress freshly cooked rice with Mikan Sushi Seasoning No MSG by stirring it with a chopstick rice paddle quickly to make sushi rice. Set aside.
2. Heat salmon. Slice half of the salmon fillet and let it cool in the refrigerator.
3. Cut raw salmon, remove it, slice, dice, omelet and Persian cucumber into sticks for hand rolling.
4. Cut off the stem of the cucumber sprouts.
5. Cut each of the cucumber sprouts into 4 sheets, about 4 inch square size.
6. Arrange all the ingredients on a plate and serve with nori seaweed and soy sauce on the side.
7. Pick one nori seaweed and spread sushi rice over the nori. Place your choice of ingredients on rice and hand-roll it.



There is a hot cooked rice with warm seasoning rice while it's piping hot. You

if you're trying to eat it, the way you can eat sushi seasoning on a cold and empty. For dipping, you can choose whatever you like to roll.

### Sushi Seasoning No MSG

Get great to make sushi rice just like your favorite sushi restaurant. With no MSG added, Sushi Seasoning is a mixture of soy, rice, vinegar and salt. Great for making sushi rice, sashimi, and vegetables.

[www.kikkoman.com](http://www.kikkoman.com)



# 11 Recipes Using Japanese Seasonings

From authentic Japanese dishes to Asian and Western style dishes with Japanese twists, here we introduce recipes using Japanese seasonings and ingredients





## Spicy Ponzu Nabe with Sriracha Gyoza Dumplings



### Ingredients

(Serves 4)

- 6 cups water
- 1 1/2 cup ponzu
- 1/2 tsp salt
- 1/4 cup oil
- 16-20 Day-Lee Pate Sriracha Chicken Gyoza Dumplings
- 1 bunch cilantro
- 1 bunch scallions
- 1 jalapeño pepper, sliced
- 3 limes

### Directions

1. Cut scallions diagonally into bite size pieces
2. Roughly chop cilantro.
3. Cut lime into wedges
4. Boil water, ponzu, salt and oil in a pot
5. Add dumplings, scallions, jalapeño pepper slices (adjust to your spice level), and cilantro
6. When the dumplings are cooked, serve in individual bowls, add more cilantro and squeeze some lime right before eating



Now you can make your own gyoza with our approach: a regular menu chart, and a list of what we used each week.

### Day-Lee Pate Sriracha Chicken Gyoza (Pondicherry)

Japanese style pondicherry has a spicy kick and a hint of citrus. Day-Lee Pate Sriracha Chicken Gyoza is a fun, ready-to-eat Japanese style pondicherry with a spicy blend of chicken, chicken, cabbage, carrots, onions and scallions. It's a full-bodied, tender, light, offering a variety of available toppings including: such as ponzu, dashi, soy sauce, miso, and a hint of citrus. With a higher percentage of protein in the filling and no MSG added, the Day-Lee Pate Sriracha Chicken Gyoza is a healthier option for both healthy.



[www.dayleypate.com](http://www.dayleypate.com)

## Tempura



### Ingredients (Serves 4)

- 8 shrimp with shells □ 4 limes (small white)
- 2 eggplants □ 8 shishito peppers □ 1 onion root
- Vegetable oil to fry

### Tempura batter

- 1 cup Kikkoman Tempura Batter Mix
- 3/4 cup cold water

### Dipping sauce

- 1/2 cup Kikkoman Hot Sauce □ 1 cup water

### Directions

1. Shrimp and shell shrimp, leaving tails. Make 2 or 3 slices on the belly side to remove water from inside the shrimp tails.
2. Cut onion from belly side and open it.
3. Boil eggplants lengthwise and make 1/2 inch thick cuts, leaving the stem.
4. Cut shishito peppers 1/2 inch thick
5. Mix Kikkoman Tempura Batter Mix and cold water to make a batter
6. Mix Kikkoman Hot Sauce and water, bring it to a boil and remove from heat
7. Coat ingredients with batter and fry in high heat oil
8. Serve tempura with warm dipping sauce



Discover Kikkoman Hot Sauce in water

with 1/2 cup of water for a healthy dipping sauce. You can serve it with your favorite food, or use it as a dipping sauce for your favorite food. It's a healthy dipping sauce for your favorite food.

### Kikkoman

#### Tempura Batter Mix

Kikkoman Tempura Batter Mix is the secret to the best tempura. Not just for tempura, it's a versatile ingredient. Some use it to make a rich, creamy batter for tempura, some use it to make a rich, creamy batter for tempura, some use it to make a rich, creamy batter for tempura.

[www.kikkoman.com](http://www.kikkoman.com)



## Arugula and Grilled Chicken Pita with Wasabi Salsa



### Ingredients

(Serves 2)

- 1 boneless, skinless chicken breast half
- 1 cup fresh arugula
- 1/2 cup diced tomato
- 1/4 cup finely chopped red onion
- 1-2 tbsp Kikkoman Wasabi Sauce
- Salt and pepper to season
- 1 tbsp olive oil
- 2 pita bread

### Directions

1. Salt and pepper chicken breast and coat it with olive oil.
2. Heat grill for frying pan and grill for 10-15 minutes until chicken breast is cooked through. Set it aside.
3. In a bowl, mix diced tomato, chopped red onion and Kikkoman Wasabi Sauce. Adjust the amount of sauce according to your taste.
4. Slice chicken breast in 1/2 inch strips.
5. Cut pita bread in half and stuff it with arugula, chicken strips and some wasabi salsa.



For milder salsa, use 1 table spoon of wasabi sauce and 1 table spoon of Kikkoman Wasabi Sauce. For a spicier salsa, use 2 table spoons of wasabi sauce and 1 table spoon of Kikkoman Wasabi Sauce.

### Kikkoman

#### Wasabi Sauce

Kikkoman Wasabi Sauce adds a spicy kick and a hint of citrus. It's a healthy dipping sauce for your favorite food. It's a healthy dipping sauce for your favorite food.

[www.kikkoman.com](http://www.kikkoman.com)





## Gyoza Ghost on Bloody Tomato Sauce



### Ingredients

(Serves 2)

- Q 10 Day-Lee Prime Beef Gyoza dumplings
- Q 2 large tomatoes Q 1 red onion
- Q 1 clove garlic Q 8 basil leaves, plus some for the garnish
- Q 20 frozen dumplings Q Salt and pepper to season Q 1/3 cup red wine Q 2 tbsp extra virgin olive oil

### Directions

1. Boil Day-Lee Prime frozen gyoza dumplings for 3 minutes and drain them well.
2. Dice tomatoes, the onion, and mince garlic.
3. Put garlic and olive oil in the same pan and heat on the heat.
4. When garlic starts to sizzle, add chopped onion and sauté for 3 minutes.
5. Add diced tomatoes and sauté for another 5 minutes.
6. Add red wine and salt and pepper to taste.
7. Add minced basil and sauté for another 3 minutes.
8. On a serving plate, put some tomato sauce and top it with boiled dumplings.
9. Place frozen dumplings on top of the gyoza to make eyes. Garnish with some basil and serve.

## Tofu Sriracha Hummus Dip



### Ingredients

(Serves 10-12)

- Q 1 package House Foods Gyoza Tofu Extra Firm, drained
- Q 1 (15oz) can garbanzo beans
- Q 3 tbsp oil, extra-virgin
- Q 6 tbsp lemon juice
- Q 3 tbsp sriracha sauce
- Q 1/2 cup olive oil
- Q Salt and pepper to taste

### Directions

1. Add tofu and lemon juice to bowl of food processor.
2. Pulse until smooth.
3. Add remaining ingredients and pulse until smooth.
4. Season with salt and pepper to taste and serve.

## Egg Fried Rice



### Ingredients

(Serves 2)

- Q 1/2 cup ground rice
- Q 4 medium green onions stalk
- Q 2 eggs
- Q 1 tbsp Ajinomoto MSGDASH®
- Q 2 pinches pepper
- Q 2/3 cup soy sauce
- Q 1 tbsp sesame oil

### Directions

1. Chop green onions into small pieces.
2. Beat eggs lightly in a bowl.
3. Heat sesame oil in a pan over medium heat. Before oil starts to smoke, pour eggs into the pan and mix with an oil paddle. Sprinkle quickly with a wooden spatula.
4. Add green onions and rice. Mix: sure there are no lumps.
5. Sprinkle MSGDASH® and pepper.
6. Pour in soy sauce from the edge of the pan and stir well.



Enhance sticks to the gyoza tomatoes. You can add some spices to the sauce for extra heat.

### Day-Lee Prime Beef Gyoza (Pretzelkond)

Japanese style dumplings (dumplings) dough and meat filling this Gyoza style. Day-Lee Prime Beef Gyoza is a frozen, ready-to-cook Japanese style dumplings (dumplings) cabbage, onion, soy sauce, and spices. It is fully cooked before the oven, offering a variety of versatile cooking methods, including quickly deep-fry, steam, microwave, or pan-frying in a wok. With a higher percentage of protein in the filling and no little added, the Day-Lee Prime Beef Gyoza is a healthier option for a quick and easy meal.

[www.daylee.com](http://www.daylee.com)



Without eggs, you can use Firm and Extra Firm tofu instead. Depending on your preference, you can also add some sriracha to taste for an extra kick!

### House Foods Gyoza Tofu Extra Firm

Made from 100% U.S. grown non-GMO soybeans with the highest quality House Foods Extra Firm Tofu is a nutritious replacement and can be used for burgers, sandwiches and grilling. It is certified Gluten Free and Kosher too. Soft, Moisture Free, and it is an all-purpose tofu.

[www.housefoods.com](http://www.housefoods.com)



Ajinomoto MSGDASH® is exactly what's missing in your cooking. It's not just a seasoning, it's a game-changer. You can also use it for grilling, broiling, and vegetable stir-fry. Since this seasoning is also versatile, you can use it for a variety of recipes. Try MSGDASH® as a seasoning to broaden your cooking repertoire.

### MSGDASH®

MSGDASH® is Ajinomoto's flagship product. Translated as "Real Taste," MSGDASH® is made from the highest quality food-grade monosodium glutamate (MSG) and other ingredients. MSGDASH® has a milder taste than other MSG products, so it mixes well with almost anything. It is popular with Japanese people for almost every dish they cook. Try adding a small amount of MSGDASH® and it'll make a noticeable difference.

[www.ajinomoto.com](http://www.ajinomoto.com)





## Southeast Asian Salad with Yaki Gyoza



### (Ingredients)

(Serves 4)

- Q 12 piece Ajinomoto frozen gyoza dumplings
- Q Four favorite mixed vegetable salad
- Q 1/2 package wakatahi mushrooms
- Q 1 cucumber Q 1 tomato Q 2 tsp ginger

### (For dressing)

- Q 2 tbsp aonori (fish sauce)
- Q 1 lime Q 1 1/2 tbsp sesame oil
- Q Sugar to taste

### (Directions)

1. Place gyoza dumplings in a non-stick pan. Add 2 oz water (no oil is added).
2. Cover with lid and cook for approximately 5 minutes.
3. Remove lid and cook until bottoms golden brown.
4. Shred cucumber and grate ginger. Cut tomato into 1/2-inch cubes, and cut the stems off of wakatahi mushrooms and roughly break into pieces.
5. Mix aonori, sugar, sesame oil and vinegar well in a bowl.
6. Toss all the vegetables together and arrange gyoza dumplings in the pan on diagonals and serve.

## Stir-Fried Shrimp with Broccoli



### (Ingredients)

(Serves 4-6)

- Q 1 stick broccoli Q 1 scallion, minced Q 2 tbsp ginger, minced Q 1/2 cup hot water Q A dash of salt Q A dash of onion Q 2 tbsp vegetable oil Q Salt and pepper to taste

### (Jiko-A)

- Q 1 tsp sake Q 1 tsp kikkoman soy sauce (optional)

### (Jiko-B)

- Q 2 tbsp Kikkoman Soybean Sauce (Red Label)
- Q 2 tbsp water Q 1/2 tsp sugar Q 1 tsp sesame oil
- Q 1 tbsp kikkoman soy (optional)

### (Directions)

1. Shred and wash shrimp, and cut with Jiko-A.
2. Heat 2 tablespoons of oil in a frying pan and stir-fry broccoli with a dash of salt and hot water. Once it is done, set aside.
3. Heat 3 tablespoons of oil, stir-fry ginger and scallion until they become an aroma.
4. Add shrimp, sprinkle sake over it, and stir-fry until shrimp turned red.
5. Add broccoli and pour Mix B over it. Season with salt and pepper as you like.

## Sweet Sesame Tofu Strips



### (Ingredients)

(Serves 2-3)

- Q 1 package House Foods Organic Tofu Firm or Extra Firm, drained and cut into thin strips (1/2 x 2 inches)
- Q 2 tbsp sesame oil (canola oil can also be used)
- Q 2 tbsp maple syrup
- Q 2 tbsp soy sauce
- Q 1/4 cup green onion, diced
- Q Sesame seeds (optional)

### (Directions)

1. Heat a non-stick pan over a medium flame.
2. Add oil to pan and place tofu strips side by side in pan. They should not be stacked on top of each other, this will prevent browning.
3. Gently stir occasionally to avoid burning. Cook until the bottom sides of the tofu have turned completely golden.
4. Then flip them over and brown the opposite sides of tofu strips.
5. Once tofu has browned golden on each side (10-15 minutes), add 1/2 cup maple syrup and then soy sauce. Stir until it is well mixed. (You may decide to add more soy depending on how sweet your syrup is.)
6. Sprinkle with green onions and sesame seeds.
7. Serve over rice or by itself as a snack.



When cooking gyoza dumplings, a recipe is better. The nutty flavor of the burnt gyoza skin and its carbohydrate add a kick to the meal. Adjust the amount of lime juice and increase oil to your taste.

### Ajinomoto Frozen Gyoza Dumplings

Ajinomoto Frozen Gyoza are so delicious you'll cook, freeze and enjoy gyoza dumplings without using oil. The simple preparation makes gyoza easy to cook at home. It can be a perfect appetizer about its health and then good for house parties. The seven varieties are: Five Flavors, Pork and Chicken, Softshell, Beef, Chicken, and Sage taste.

[www.ajinomoto.com](http://www.ajinomoto.com)



To order to enjoy gyoza dumplings and crisp broccoli textures, stir-fry them at high heat quickly.

### Oyster Sauce Red Label

One of the great building blocks of Asian cuisine, oyster sauce is used by Chefs. Thai and Vietnamese dishes, as well as all kinds of Chinese. Asian foods like rice bowls, soups, sandwiches and salads. Rich thick Kikkoman Oyster Sauce is made from the natural liquid extracted from fresh oysters. Its savory taste is followed with a touch of sweetness, which is thickened with a body and an attractive sheen. There are no health or safety flavors like you might find in some oyster sauces.

[www.kikkoman.com](http://www.kikkoman.com)



Before eating tofu, remove excess water by pressing tofu between paper towels. Place a heavy object on top, such as a stack of plates, to expedite the draining process.

### House Foods Organic Tofu Firm or Extra Firm

Made with 100% grown non-GMO soybeans with the highest quality House Foods Firm or Extra Firm Tofu is a great dairy replacement and can be used for burgers or sandwiches and grilling. It's certified Gluten Free and Kosher.

See Soft and Medium Firm also available.

[www.housefoods.com](http://www.housefoods.com)







# Healthy Latin Dining with Kikkoman Seasonings

Latin American cuisine always brings a festive mood to the table with colorful and flavorful dishes. The casual atmosphere can be ideal for many occasions from family and friend gatherings to big parties. Here are some healthy cooking ideas using Gluten-Free Kikkoman seasonings.



**(Ingredients) (Serves 2)**  
 1/2 lb onion  
 1 clove garlic  
 1 lb ground meat (beef and pork)

1/2 tsp salt and pepper to taste  
 1 tbsp Gluten-Free Tamari Soy Sauce  
 2 tbsp 50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce

- 1/2 tsp rice to let shape
- 1 tsp corns powder
- 1 tbsp vegetable oil
- 2 leaves lettuce
- 4 grape tomatoes or 10 tomatos, diced
- 1/2 avocado, sliced or diced
- 1/2 cup chow up to your taste
- 2 cups cooked rice

#### (Directions)

1. Sauté garlic with vegetable oil until it releases an aroma.
2. Add onion and sauté until it's cooked through.
3. Add minced meat and salt, pepper, and corns powder.
4. Once the meat is cooked through, add Gluten-Free Teriyaki Soy Sauce, Kikkoman 50% Less Sodium Gluten-Free Teriyaki Marinade & Sauce and tomato let shape. Keep stir-frying until all the season incorporate well.
5. Arrange cooked rice on a plate, and top with lettuce, meat sauce, chow up, tomatoes, and avocado.



**Tip** You can add chili powder to the meat sauce to add a kick. Gluten-Free Teriyaki Soy Sauce really makes the meal of beef and pork, and Gluten-Free Teriyaki Sauce makes it more flavorful.



**(Ingredients) (Serves 2)**  
 1 chicken breast (about 1 lb)  
 1 egg

1/2 cup Gluten-Free Tamari Soy Sauce  
 1/2 cup dried parsley 1/2 cup garlic powder 1/2 cup vegetable oil for frying  
 1/2 cup Gluten-Free Sweet Chik Sauce to taste  
 1/2 cup Gluten-Free Panko

#### (Directions)

1. Lay the chicken breast on cutting board and cut into 1/4" thickness.
2. Beat egg and add dried parsley, garlic powder and Gluten-Free Tamari Soy Sauce. Mix well.
3. Dip chicken in the egg mixture and coat well.
4. Grind Gluten-Free Panko in a food processor.
5. Beat a sauté/frying pan with vegetable oil just enough to cover the chicken. You don't have to fill it as much as deep fryer.
6. Coat chicken breast with the egg mixture and then dust with Gluten-Free Panko.
7. Fry each side until panko is brown and gets crispy.
8. Serve it with Gluten-Free Sweet Chik Sauce on the side.



**Tip** Ground Gluten-Free Panko makes the crust crispier and less oily. Be careful not to eat hot, but the wings test are perfect even when it's cooked done.



## Tacos with Slow Cooked Hoisin Sauce Chicken



**(Ingredients) (Serves 4)**

- 1 lb chicken breast
- 1 cup Gluten-Free Hoise Sauce
- 2 tbsp Rice Vinegar

- 1 cup water or sake
- 8 corn shells (corn tortillas)
- Toppings: Avocado, cilantro, jalapeno, tomato, salsa sauce, cheese, etc

### (Directions)

1. Put chicken breast, Gluten-Free Hoise Sauce and Rice Vinegar in slow cooker and set to High. Cook for 3-5 hours.
2. Once chicken is cooked through, remove the chicken and shred apart using forks.
3. Place the chicken back in the crock pot to dress with sauce in the cooker.
4. Brushly heat taco shell over a direct fire on a stove.
5. To assemble, put your choice of ingredients on top of the taco shell and fold.

**Other topping combination ideas:**  
Hoisin Sauce Chicken, lettuce, corn, and cheese.  
Hoisin Sauce Chicken, cilantro lime, and jalapeno.  
Hoisin Sauce Chicken, tomato, onion, and cheese.



**TIP** If you don't have a slow cooker, you can cook the chicken in a pot on the stove. By adding rice vinegar, you can reduce the amount of sodium poured into the dish, thus keeping the full the protein.



## ENJOY A VARIETY OF GLUTEN-FREE SAUCES



### GLUTEN-FREE SWEET SOY SAUCE FOR RICE

It adds a unique sweet-salty flavor to rice, and is a great addition to many dishes. It's made with naturally brewed soybeans and contains no wheat or gluten.



**RICE VINEGAR**  
This is a great addition to many dishes. It's made with naturally brewed rice and contains no wheat or gluten.



**GLUTEN-FREE PANKO**  
Instead of bread, it's made with rice. It's a healthy alternative to bread and contains no wheat or gluten.



**80% LESS SODIUM GLUTEN-FREE TERIYAKI SAUCE**  
This is a healthy alternative to teriyaki sauce. It's made with rice and contains no wheat or gluten.



**GLUTEN-FREE TAMARI SOY SAUCE**  
It's a healthy alternative to tamari sauce. It's made with rice and contains no wheat or gluten.



**GLUTEN-FREE OYSTER SAUCE**  
This is a healthy alternative to oyster sauce. It's made with rice and contains no wheat or gluten.



**GLUTEN-FREE SWEET CHILI SAUCE**  
This is a healthy alternative to sweet chili sauce. It's made with rice and contains no wheat or gluten.



**GLUTEN-FREE MISO PASTE**  
This is a healthy alternative to miso paste. It's made with rice and contains no wheat or gluten.



**80% LESS SODIUM GLUTEN-FREE TAMARI SOY SAUCE**  
This is a healthy alternative to tamari sauce. It's made with rice and contains no wheat or gluten.

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Kikkoman is committed to taste and quality. For great recipes, visit our website.

[www.kikkomanusa.com](http://www.kikkomanusa.com)





## Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor.  
\*Chrysanthemum (H) available to pick up

### GROCERY

Store Name	Address	Phone	Website
<b>NOM B'way &amp; 114th</b>	2650 Broadway, 11th Fl. NY 10025	212-269-4902	Japanesefood.com
<b>Daishichi Midtown West*</b>	36 W 34th St. (bet. 5th & 6th Ave.)	212-201-6021	
<b>Daishichi Midtown East*</b>	120 E 49th St. (bet. 3rd & 4th Ave.)	212-464-4288	
<b>Katsuga &amp; Co. Inc.*</b>	204 E 100th St. (bet. 1st & 2nd Ave.)	212-760-2889	
<b>IRISAYA*</b>	71 E 10th St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Sansue Mart Midtown*</b>	317 E 4th St. (bet. 3rd & 4th Ave.)	646-266-0232	
<b>SOMIYA*</b>	88 E 124th St. (bet. 123rd & 125th St.)	212-663-0271	
<b>H Mart New Ave. Korea</b>	2670 Broadway, 11th Fl. NY 10025	212-464-4288	
<b>Whangji</b>	31 W 34th St. (bet. 3rd & 4th Ave.)	212-264-1715	
<b>Daishichi Greenview Village*</b>	495 8th Ave. (bet. 123rd & 125th St.)	212-464-4288	
<b>Japan Premium Deal</b>	61 West 42nd St. (bet. 3rd & 4th Ave.)	212-266-0232	
<b>NOM E Village</b>	30 E 10th St. (bet. 1st & 2nd Ave.)	212-333-0888	
<b>Sansue Mart Astor Pl.*</b>	430 Broadway, 11th Fl. NY 10025	212-464-4288	
<b>New Kim Won, LLC*</b>	268 Canal St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>W. Japanese Delicatessen</b>	60 Canal St. (bet. 1st & 2nd Ave.)	646-410-4288	
<b>Resetta West*</b>	40 Exchange Pl. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Tokyo Mart*</b>	91 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Sansue Mart SoHo*</b>	100 Canal St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Midoriya*</b>	101 E 10th St. (bet. 1st & 2nd Ave.)	212-411-1009	

Store Name	Address	Phone	Website
<b>Family Market*</b>	2670 Broadway, 11th Fl. NY 10025	212-464-4288	
<b>H &amp; Y Marketplace</b>	36 W 34th St. (bet. 3rd & 4th Ave.)	212-201-6021	
<b>H Mart Northern 798</b>	104-104th Ave. (bet. 1st & 2nd Ave.)	212-201-6021	
<b>H Mart Northern Blvd</b>	114-114th Ave. (bet. 1st & 2nd Ave.)	212-201-6021	
<b>H Mart Union</b>	2670 Broadway, 11th Fl. NY 10025	212-464-4288	
<b>H Mart Westside Park*</b>	428 W 4th St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>H Mart Westside</b>	114-114th Ave. (bet. 1st & 2nd Ave.)	212-201-6021	
<b>Sakana-ya*</b>	2140 4th St. (bet. 1st & 2nd Ave.)	212-201-6021	
<b>Seiya Foods*</b>	428 W 4th St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>H &amp; Y Marketplace</b>	36 W 34th St. (bet. 3rd & 4th Ave.)	212-201-6021	
<b>H Mart Great Neck*</b>	428 W 4th St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>New Japanese Foods*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Shin Nippon Deli*</b>	414 Canal St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Daishichi</b>	30 E 10th St. (bet. 1st & 2nd Ave.)	212-333-0888	
<b>Fuji Mart Scarsdale*</b>	111 Allen Pl. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>H Mart Hartsdale*</b>	311 Central Ave. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Kana Sen Foods*</b>	21 Canal St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>NEUSA Market*</b>	311 Central Ave. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Doshirak*</b>	201 Mulberry St. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Asian Market</b>	111 Allen Pl. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>Feeling Biss</b>	311 Central Ave. (bet. 1st & 2nd Ave.)	212-411-1009	
<b>H &amp; Y Marketplace</b>	36 W 34th St. (bet. 3rd & 4th Ave.)	212-201-6021	
<b>H &amp; Y Marketplace</b>	36 W 34th St. (bet. 3rd & 4th Ave.)	212-201-6021	

Store Name	Address	Phone	Website
<b>H Mart Cherry Hill</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>H Mart Englewood</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>H Mart Little Ferry</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>H Mart Ridgely</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Hua Nam Chan*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>J MARI*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Mitsuru Marketplace*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Ridgewood Fishermen</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Fuji Mart Greenburgh*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Million Asian Market</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Misaki*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Tokyo Japanese Store</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>S.A.K.E</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Onkawa Wines &amp; Liquors*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Nancy Wine's</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Gourmet Wines &amp; Liquors*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Master Wright*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	

Store Name	Address	Phone	Website
<b>Amesbury Wine &amp; Spirits*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Banana Liquors</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Landmark Wine*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>N.Y. Sake</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Union Square Wine &amp; Spirits</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>LE DU WINE</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Aster Wines &amp; Spirits</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>SAKURA*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>St. Marks Wine and Liquors</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Guanyin Wine &amp; Spirits*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Central Kashi U.S.A., Ltd.</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Dani Trading Co., Inc.*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>JFC International, Inc.*</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>NY Mutual Trading Inc.</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Wine of Japan Import, Inc.</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	
<b>Wholesale Asian Foods, Inc.</b>	101 Mulberry St. (bet. 1st & 2nd Ave.)	212-264-4288	

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# Restaurants Offering Winter Specials

Ramen, yakitori, sushi, Asian dishes, etc.—Here are the restaurants you should go to savor winter flavors.

## Tonkotsu Ramen with a 40-Year Tradition AJISEN RAMEN



### RESTAURANT DATA

138 W. 26th St.  
(bet. 8th & 7th Aves.)  
New York, NY 10001  
TEL: 646-636-6868  
Mon-Sun 11:30 a.m.-12:30 a.m.



First established in 1980 in Kyushu, home of tonkotsu ramen, **Ajisen Ramen** has now expanded to over 500 branches around the world. Their tonkotsu soup is enhanced by their special oil and Japanese spices, making it full of umami. Serve their signature *Delux Ajisen Ramen* topped with 3 slices of chashu roasted pork tenderloin, bean sprouts and boiled egg. For only \$11, it will fulfill your appetite and palate. Ajisen Ramen in Chinatown also serves sushi and has some of akasaka style dishes as well as a variety of sake and Japanese beer. In addition, they also offer pork buns and bubble tea.

## Pop Up Vietnamese in Thai Place BLU ORCHID THAI KITCHEN



### RESTAURANT DATA

45 24 Avenue Blvd.  
(bet. 45th & 46th Sts.)  
Sunnyvale, NY 11710  
TEL: 516-327-8652  
[www.bluorchidthai.com](http://www.bluorchidthai.com)  
Mon-Sun 11 a.m.-11 p.m.



**Blu Orchid Thai Kitchen** is an extension of the growing dining scene in Dancet. Serving authentic, yet creative Thai dishes using high quality ingredients, the restaurant is opening a pop up shop **41 Pho** inside their restaurant highlighting Vietnamese dishes, only on Saturdays. To enjoy their craft Vietnamese dishes, the *Super Pho Classy* fresh pho are made in beef broth made by simmering for 16 hours and topped with braised Angus beef brisket, thinly sliced beef, and beef meatballs. With reasonable prices, excellent dishes, and warm service, Blu Orchid has every reason for you to come, eat, and enjoy. Party planning is also available.

## 5 Course Omakase Sushi for \$55 MI-NE SUSHI



### RESTAURANT DATA

455 8th Ave., 8th Fl. (bet. 12th & 13th Sts.) New York, NY 10011  
TEL: 917-676-6862  
[www.mine-sushi.com](http://www.mine-sushi.com)  
Mon-Sun 12 p.m.-10 p.m.



Serving sushi, sashimi and Japanese tapes, **Mi-Ne Sushi** is the kind of place you can bring your family or a large group and find something for everyone, whether it is fried food, grilled food or noodles. Offered for only \$55, the 5-course Omakase featuring 13 nigiri sushi is recommended for its quality and quantity. Each nigiri sushi is prepared in perfection using seasonal ingredients. Also, there is no shortage for their sake and Japanese beer selection, and *Omakase 50 (\$90)* and *\$295* is particularly popular. With various types of dishes and a good selection of sake, it is a great option for your next party. **Mi-Ne Sushi** is a no-booking policy restaurant.



## Tender, Hearty Simmered Beef TIEBUI



**RESTAURANT DATA**  
146 5th Ave. (at 38th St.)  
New York, NY 10003  
TEL: 917-365-3698  
www.tiebui.com  
Mon-Wed: 5:30-10:30 pm  
Thu-Sat: 5:30-11 pm



**TIEBUI** has been serving "yunnan kaosuei" since its opening in March 2016, and now eating castrated chickens (which they have registered as a "yunnan sausage") to serve in its exotic dishes prepared with organic chicken, beef and pork. Their end-of-week specialty is *Shou Hei Hei*, a hearty dish using USDA Choice grade beef simmered in bones and herbs to keep dishes for 48 hours. The aroma with beef served with homemade goyus and noodles also cream milk in your mouth. The chef atmosphere and the new addition of a private room make **TIEBUI** an excellent choice for year-end and New Year parties.

## Creamy, Spicy Noodle Soup Warms You Up TOPAZ NOODLE BAR



**RESTAURANT DATA**  
128 W. 56th St., 2nd fl. (at  
7th Ave.) New York, NY  
10019  
TEL: 917-490-2442  
www.topaznoodlebar.com  
Mon-Fri: 11:30 am-11 pm



Conveniently located in the commercial district near Central Park, 5th Avenue, and Carnegie Hall, **Topaz Noodle Bar** offers authentic, modern Thai cuisine featuring noodle dishes. For the cold season they recommend creamy and spicy *Jiao Jiao*, a traditional Northern style coconut curry noodle soup with juicy chicken and green bean sprouts, pickles, dried chili, and crispy egg noodles that add a playful twist. With a fancy and elegant atmosphere, the two-story restaurant can take 80 people maximum with a full bar. Good location, quality food and reasonable prices—that's the place perfectly satisfies your needs.

## Quality Sushi with Fish at its Best UOGASHI



**RESTAURANT DATA**  
146 1st Ave., 2nd, 3rd, 4th &  
12th Sts. | New York, NY  
10003  
TEL: 212-750-8928  
www.uogashi.com  
Mon-Fri: 5:00 pm-10:30 pm  
Fri: 5:00 pm-11 pm  
Sat: 6 pm-11 pm  
Sun: 6 pm-9:30 pm  
Private Club & Bar: 1 pm-4 pm



Recently opening "fish market," **Uogashi** in the East Village is a new sushi restaurant owned by a fish purveyor. They source their fish from major fish markets in Japan, serving quality fish at its best and offering Japanese flavorful fish at reasonable prices. To appreciate their offerings during winter try this 4 Course Chef's Special which includes an appetizer with seasonal ingredients, shawarma, maki (savory egg packing), a hand roll, sea urchin & salmon sea urchin, sear and 10 piece sushi with various delicacies such as sea urchin, fatty yellowtail, nariguro, rockfish and bluefin tuna. This quality for \$75 is really in stock.

### WEEKEND SPECIAL

## Prix-Fixe

3 Course Dinner + 1 Drink

# 2 FOR \$35

**Beef Noodle Soup**

**SONGKRAN THAI KITCHEN**  
332 8TH AVENUE (BTW 26TH & 27TH ST.)  
(212) 239-8792 WWW.SONGKRANTHAIKITCHEN.COM



# True World Foods is "One Team, One Spirit"



For 40 years, True World Foods (TWF) has supplied quality seafood to restaurants that serve some of the finest sushi and sashimi grade fish on the market. Their business has grown as Japanese cuisine has thrived. But they haven't stopped exploring exciting new directions for the food market and food culture. Sang Su Choi (General Manager), Givon Han (Purchasing Director), and Waho Yoshida (Sales Director) talked about their plans for 2017.

## What is the prevailing vision for TWF?

Choi: TWF has been in the metropolitan area for more than 40 years. We don't just try to make

money. We think about how do we grow together, our customers and us. We provide quality products - that's our definition. TWF, the vendor and our customer - the three of us have to grow together. The vendor must be supplying us with the best quality product. Then we can supply our customers with the best. That is our mission.

We are also really concerned about food safety. We have a strong HACCP (Hazard Analysis and Critical Control Points) team and on a daily basis they are checking all the facilities, reporting to me, and we improve things right away when need be. If our quality control team says at any time that the quality is not good, the product will not go out. We are really focused on safety and on healthy food.

## What are your goals for the future?

Han: We are trying to jump out of traditional Japanese cuisine towards the American mainstream market like seafood restaurants, airport restaurants, and cruise lines. This is totally different from what we are used to doing - the fish they need is very different from what we supply to sushi restaurants. Also, the main American vendors have been supplying these fish for a long time, and we are only now jumping into this

market. Lower Sake, Halibut, Tuna, etc. - Everything is new for us, but also new to us.

Yoshida: So far, we have been focusing on Sushi restaurants and Japanese restaurants for the last 30 years. There are fewer and fewer Japanese-owned restaurants, and more cross-the-border 'Yusoni' style. We've been offering what we call 'sashimi quality fish' to a growing number of these restaurants. We have also seen demand grow at markets - that is another specialty. Thankfully, we have had more and more opportunities because we have not only Japanese salespeople but also Chinese, Taiwanese, Korean, and American salespeople. We are all mixed together, much like how restaurants are with chefs from all backgrounds.

## What Food Trends are you seeing?

Han: What's been booming lately is poke. It used to be Chinese take out at every corner, now it is sushi to go restaurants, especially poke bowl type restaurants. This requires us to offer a special type of packaging for them. They want ready-to-eat, dried sized fish that they can use right away.

## What makes True World Foods so special?

Choi: We try to make our employees proud to work at TWF. We treat them well. Not only money - just how we talk to each other, with heart. I really appreciate any team, my managers, my workers, and the working atmosphere. Even with deliveries, our drivers don't just hand over a bag. Our drivers are educated well to interact with our customers and make them happy. Making everyone work together to make customers happy. That's our number one goal.



The three owners of True World Foods: Sang Su Choi (left), Waho Yoshida (center), and Givon Han (right).

Lower Sake and Shrimp - the newest addition to the TWF2016 line of quality fish.



About True World Foods: Dedicated to providing our customers the highest quality, freshest and tastiest products everyday!

32-04 Papert Place, Elizabeth, NJ 07206  
TEL: 908-351-4000  
www.trueworldfoods.com  
info@trueworldfoods.com







<b>Midtown West</b>	<b>Oculus</b>
200 W. 40th St. (bet. 3rd & 5th Ave.) 212-697-7238	\$25
<b>Midtown West</b>	<b>Onley's Times Square</b>
157 W. 43rd St. (bet. 6th & 8th Aves.) 212-794-0333	\$20
<b>Midtown West</b>	<b>SABAI Dining Bar</b>
24 Greenwich Ave. (bet. Duane St. & 10th St.) 212-426-0267	\$25
<b>Midtown West</b>	<b>Sake Bar Hogs</b>
121 W. 45th St. (bet. 7th & 8th Ave.) 212-734-0261	\$25
<b>Midtown West</b>	<b>Sake Bar Hogs 46</b>
203 W. 46th St. (bet. 7th & 8th Ave.) 212-456-2125	\$20
<b>Midtown West</b>	<b>Suppers*</b>
152 W. 45th St. (bet. 6th & 7th Ave.) 212-493-0132	\$18
<b>Midtown West</b>	<b>Shimizu</b>
201 W. 31st St. (bet. 7th & 8th Ave.) 212-693-1067	\$25
<b>Midtown West</b>	<b>Soba Nippon*</b>
117 W. 32nd St. (bet. 6th & 8th Ave.) 212-493-0255	\$25
<b>Midtown West</b>	<b>SushiLun*</b>
112 W. 40th St. (bet. 7th & 8th Ave.) 212-689-7878	\$45
<b>Midtown West</b>	<b>Sushiya*</b>
217 W. 38th St. (bet. 6th & 8th Ave.) 212-247-0550	\$25
<b>Midtown West</b>	<b>TASAKI RAMEN*</b>
640 Broadway (bet. 30th & 32nd St.) 212-255-7971	\$15

<b>Midtown West</b>	<b>TASAKI RAMEN*</b>
557 Broadway (bet. 27th & 29th St.) 212-493-0470	\$15
<b>Midtown West</b>	<b>Yoshoku Ramen</b>
212 Broadway (bet. 33rd & 35th St.) 212-687-4478	\$20
<b>Midtown West</b>	<b>Totto Ramen W. 57th</b>
434 W. 57th St. (bet. 9th & 10th Ave.) 212-246-0339	\$20
<b>Midtown West</b>	<b>Totto Ramen W. 52nd</b>
381 W. 52nd St. (bet. 8th & 9th Ave.) 212-682-0342	\$20
<b>Midtown West</b>	<b>Yakitori TOTTU</b>
281 W. 34th St. (bet. Broadway & 7th Ave.) 212-245-4555	\$40
<b>Midtown West</b>	<b>Yamaya Sushir*</b>
200 Broadway Plaza (bet. Canal & West) 212-493-0735	\$16

### Midtown East

<b>Midtown East</b>	<b>GO! GO! CUNY*</b>
East 34th Street (bet. 4th & 5th Ave.) 212-475-0255	\$15
<b>Midtown East</b>	<b>Shimizu</b>
201 W. 31st St. (bet. 7th & 8th Ave.) 212-693-1067	\$25
<b>Midtown East</b>	<b>Soba Nippon*</b>
117 W. 32nd St. (bet. 6th & 8th Ave.) 212-493-0255	\$25
<b>Midtown East</b>	<b>SushiLun*</b>
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<b>Midtown East</b>	<b>Sushiya*</b>
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<b>Midtown East</b>	<b>Yoshoku Ramen</b>
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<b>Midtown East</b>	<b>Yakitori TOTTU</b>
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<b>Midtown East</b>	<b>Yamaya Sushir*</b>
200 Broadway Plaza (bet. Canal & West) 212-493-0735	\$16

<b>Midtown East</b>	<b>Nobu's Shizen</b>
6th St. Station (a neighborhood offering a wide range of many items for delicious comfort food) 100th St. Station (a neighborhood offering a wide range of many items for delicious comfort food) 100th St. Station (a neighborhood offering a wide range of many items for delicious comfort food)	\$25
<b>Midtown East</b>	<b>Sakagami*</b>
100th St. Station (a neighborhood offering a wide range of many items for delicious comfort food) 100th St. Station (a neighborhood offering a wide range of many items for delicious comfort food) 100th St. Station (a neighborhood offering a wide range of many items for delicious comfort food)	\$25
<b>Midtown East</b>	<b>Sake Bar Hogs</b>
121 W. 45th St. (bet. 7th & 8th Ave.) 212-734-0261	\$25
<b>Midtown East</b>	<b>Sake Bar Hogs 46</b>
203 W. 46th St. (bet. 7th & 8th Ave.) 212-456-2125	\$20
<b>Midtown East</b>	<b>Suppers*</b>
152 W. 45th St. (bet. 6th & 7th Ave.) 212-493-0132	\$18
<b>Midtown East</b>	<b>Shimizu</b>
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<b>Midtown East</b>	<b>Soba Nippon*</b>
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<b>Midtown East</b>	<b>SushiLun*</b>
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<b>Midtown East</b>	<b>Yamaya Sushir*</b>
200 Broadway Plaza (bet. Canal & West) 212-493-0735	\$16

<b>Midtown East</b>	<b>HIWATA</b>
104 E. 34th St. (bet. 3rd Ave. & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Isakaya Anjooshi</b>
200 E. 32nd St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Isakaya Wido</b>
141 E. 40th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$40
<b>Midtown East</b>	<b>Jakir</b>
201 E. 32nd St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Kayote</b>
120 E. 34th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>KATSUHAMAMAI*</b>
117 E. 40th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$15
<b>Midtown East</b>	<b>Kokoro</b>
201 E. 32nd St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Lucky Cat</b>
201 E. 32nd St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Naka-Sushi</b>
104 E. 34th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>Nara Susho</b>
104 E. 34th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25
<b>Midtown East</b>	<b>NBA*</b>
104 E. 34th St. (bet. 3rd & 4th Ave.) 212-686-0333	\$25

# Brooklyn Ball Factory

## Hell's Kitchen Newly Opened!

No additives, no preservatives and no MSG in our ramen.

229 E. 4th Ave. (bet. 45th & 46th Sts.)  
New York, NY 10036  
[www.BkBallFactory.com](http://www.BkBallFactory.com)

# GRAND OPENING

## KAPPO TOTTO

powered by YAKITORI TOTTO

404 W. 12th St. (bet. 8th & 10th Ave.)  
212-624-9817 [www.kappototto.org](http://www.kappototto.org) Mon-Sat: 11pm-11pm Sun: Closed



<b>Midtown East</b>	<b>Pippin*</b>	
180 E 12th St (bet 3rd & 4th Ave)   212-243-2238		
<b>Midtown East</b>	<b>QIVEDDA</b>	
601 W 4th St (bet 6th & 7th Ave)   212-364-0225		
<b>Midtown East</b>	<b>Roman Takumi*</b>	
517 3rd Ave (bet 3rd & 4th St)   212-475-0252		
<b>Midtown East</b>	<b>Shibushi*</b>	
214 W 4th St (bet 6th & 7th Ave)   212-414-1000		
<b>Midtown East</b>	<b>Shinya Shokudo</b>	
247 E 12th St (bet 2nd & 3rd Ave)   212-259-1224		
<b>Midtown East</b>	<b>Shushi &amp; Tapas ASA</b>	
247 E 10th St (bet 3rd & 4th Ave)   212-354-4232		
<b>Midtown East</b>	<b>Soba TOKYO</b>	
211 E 12th St 1/F (bet 2nd & 3rd Ave)   212-682-4338		
<b>Midtown East</b>	<b>Sushi You</b>	
247 E 11th St (bet 3rd & 4th Ave)   212-752-2287		
<b>Midtown East</b>	<b>Sushifolia</b>	
247 E 12th St (bet 3rd Ave)   212-752-1286		
<b>Midtown East</b>	<b>Sushitopia</b>	
122 E 10th St (bet Midtown & 10th Ave)   212-754-2426		
<b>Midtown East</b>	<b>TOMI JAZZ</b>	
100 E 12th St (bet 3rd & 4th Ave)   800-422-1224		
<b>Midtown East</b>	<b>Totto Ramen &amp; Soba</b>	
240 E 10th St (bet 3rd & 4th Ave)   212-475-4362		
<b>Midtown East</b>	<b>West Union Izakaya</b>	
100 E 10th St (bet 3rd & 4th Ave)   212-622-0943		
<b>Midtown East</b>	<b>Yakimiku GIN*</b>	
240 E 12th St (bet 3rd & 4th Ave)   212-682-1021		

<b>Midtown East</b>	<b>Yakimiku Poppo</b>	
270 E 10th St (bet 3rd & 4th Ave)   212-682-1021		
<b>Gramercy</b>	<b>Chushi*</b>	
75 Irving Plaza (bet 10th St)   212-522-9171		
<b>Gramercy</b>	<b>Mekura*</b>	
141 Irving Plaza (bet 10th & 11th St)   212-522-6947		
<b>Gramercy</b>	<b>Memokura</b>	
101 E 20th St (bet 3rd & 4th Ave)   212-684-7022		

<b>Chelsea</b>	<b>KAPPO TOKYO</b>	
490 W 13th St (bet 10th & 11th Ave)   212-624-8827		
<b>Chelsea</b>	<b>Kita Sushi</b>	
206 10th Ave (bet 10th & 11th St)   212-475-0282		
<b>Chelsea</b>	<b>Master Sushi</b>	
100 W 23rd St (bet 10th & 11th Ave)   212-422-0221		
<b>Chelsea</b>	<b>MOSMOTO</b>	
87 100 Ave (bet 10th & 11th St)   212-424-1083		
<b>Chelsea</b>	<b>Ootaya Chaboso</b>	
140 10th St (bet 10th & 11th St)   212-365-4225		

<b>Chelsea</b>	<b>KAPPO TOKYO</b>	
490 W 13th St (bet 10th & 11th Ave)   212-624-8827		
<b>Chelsea</b>	<b>Kita Sushi</b>	
206 10th Ave (bet 10th & 11th St)   212-475-0282		
<b>Chelsea</b>	<b>Master Sushi</b>	
100 W 23rd St (bet 10th & 11th Ave)   212-422-0221		
<b>Chelsea</b>	<b>MOSMOTO</b>	
87 100 Ave (bet 10th & 11th St)   212-424-1083		
<b>Chelsea</b>	<b>Ootaya Chaboso</b>	
140 10th St (bet 10th & 11th St)   212-365-4225		



**NOW OPEN SUNDAY LUNCH!**

One Free Topping Mon & Tues Lunch

Free Extra Noodles Fri 12am-4am

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Appetizers & Alcohol Half Price 4-6 PM - 8:30 PM

**HIDE-CHAN RAMEN**

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**LUNCH SPECIAL**

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**\$15**

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248 E 52nd St (bet 2nd & 3rd Ave)

**SAKANAYA**

304 East 49th St NYC 10017  
Phone (212) 339-0033  
sakanayallc.com



**SHINYA SHOKUDOU**

**MIDNIGHT DINER**

**SHO RAMEN**

**MIDNIGHT CURRY**

**OPEN 12:30AM - 4:30AM**

248 E 52ND ST. (BET. 2ND & 3RD AVE.) 212-230-1234







**East Village Soho\***  
 Making rolls by hand from a gloriously hand-cut fish imported from Japan. All natural ingredients make rolls healthy & tasty. Try hand-rolled 100% wild salmon. Daily special ingredients make rolls come alive for dinner.  
 2010 1st Ave. 2nd Fl. 2nd Ave.  
 212-475-2400 www.sohosushi.com **\$25** **\$100**

**East Village Umami**  
 THIRTY-ONE JAPANESE CANTON food restaurant in East Village with a focus on use of sake and over 30 kinds of fresh, handmade Japanese food.  
 New dishes always are prepared by 3rd generation. Try Sake-Steak, Sake-Noodle from Goya Market of Japan.  
 197 E. 2nd Ave. 1st & 2nd Ave.  
 212-475-1112 www.goyamarket.com **\$25** **\$5**

**East Village Gyo-Zake\***  
 At Gyo-Zake, you'll find 100% authentic Japanese food.  
 212-475-2400 **\$25** **\$100**

**East Village Niko's Hot Pot**  
 60-70 Niko's Hot Pot (1st & 2nd Ave.)  
 212-475-2400 **\$25** **\$100**

**East Village Huzaki\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Hi-Collar**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village IYUO NY**  
 60-70 Niko's Hot Pot (1st & 2nd Ave.)  
 212-475-2400 **\$25** **\$100**

**East Village KIN'S SUSHI\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Isakaya**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Jack's Shrimp & Sake**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Japanese**  
 100-100 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village JEWEL SAKI**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Kamik Kamen House\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Kaseki\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Kyo To**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Maya Phos Sake**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village MINCA**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Off The Hook\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Ono's Greenview Village**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Ramen Misaki New York**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Ramen Sakegami\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Ramen Sakegami NY**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sake Bar Decibel**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sake Bar Sake**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village SAKI**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sakebar Tokyo\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sakebar\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Seven East Village\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sake Sake**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sakebar East Village**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Sake West\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Ugochi**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Village Yakucho**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Wazuki**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Yakucho West\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Yakucho Sakebar\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village Zen\***  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**East Village ZUNDO-PA**  
 212 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**Lower Manhattan**  
 **GO! GO! DUNNY!**  
 World's Best Diner. Station 101. 100-100 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**Lower Manhattan**  
 **GO! GO! DUNNY!**  
 World's Best Diner. Station 101. 100-100 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**Lower Manhattan**  
 **GO! GO! DUNNY!**  
 World's Best Diner. Station 101. 100-100 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**Lower Manhattan**  
 **GO! GO! DUNNY!**  
 World's Best Diner. Station 101. 100-100 1st Ave. 2nd & 3rd Ave.  
 212-475-2400 **\$25** **\$100**

**Happy New Year**  
 **Jan. 1-3 FREE SALE!**  
 Celebrate New Year's Eve with a special offer. 212-475-2400 **\$25** **\$100**

**Ginger Pork Udon \$11**  
 **Eat in or take out**  
 A generous portion of, grilled ginger pork is drenched off with a splash of lemon. For a spicy, refreshing twist, throw up white tangy sauce prepared from the homemade. (Cold broth and boiling udon noodles)  
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25 Queens St. (at Forest St.) 212-225-1261	\$12.95/L \$15.95/S
<b>Lower Mts</b>	<b>NY Sushi/Ra</b>
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24 Hough St. (at Court & Nelson St.) 212-693-4338	\$20.95/L \$25.95/S
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21 Queens St. (at Mott St.) 212-698-7028	\$20.95/L \$25.95/S
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200 Canal St. (at Canal & Canal St.) 212-219-6908	\$25.95/L \$35.95/S
<b>Tribeca</b>	<b>NOBO</b>
100 Hudson St. (at Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Tribeca</b>	<b>NOBO NEXT DOOR</b>
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<b>Tribeca</b>	<b>Sushi Asuka</b>
421 Broadway (at Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Tribeca</b>	<b>Tokyo Sushi Takeaway*</b>
75 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Tribeca</b>	<b>Zato*</b>
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<b>Soho</b>	<b>Mincho</b>
75 Queens St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Soho</b>	<b>Onawa</b>
111 Queens St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Soho</b>	<b>Scene Sushi*</b>
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<b>Brooklyn</b>	<b>Somerset Pops</b>
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41 E. 1st St. (at 1st & 8th St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Art Sushi*</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Boca</b>
200 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Genji*</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Hibiki Japanese Restaurant</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
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101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Noriko Ramen</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Onizumi</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
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200 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Brooklyn</b>	<b>Pommes Satisfactions*</b>
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<b>Brooklyn</b>	<b>WASAM</b>
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<b>Queens</b>	<b>Ajuna Ramen*</b>
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<b>Queens</b>	<b>ANYOSHI*</b>
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<b>Queens</b>	<b>Graspeo*</b>
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<b>Queens</b>	<b>gumasaki*</b>
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<b>Queens</b>	<b>Hachi Ramen &amp; Izakaya*</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
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<b>Queens</b>	<b>Hibiki Ramen</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Queens</b>	<b>KATSUHO*</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
<b>Queens</b>	<b>Kanji Japanese Restaurant</b>
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<b>Queens</b>	<b>LIAM Wale Shaving*</b>
101 Canal St. (at Canal & Canal St.) 212-693-4908	\$20.95/L \$30.95/S
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<b>Queens</b>	<b>Ramen Okada*</b>
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64-01 147th St. Queens, NY 11354 718-224-4252	\$25.00 (L) \$35.00 (D)
<b>Queens</b>	<b>Tsuda Sushis</b>
61-31 36th Ave. Rego, Queens, NY 11356 718-294-4923	\$15.00 (L) \$25.00 (D)
<b>Queens</b>	<b>Utsa West</b>
1200 Northern Blvd. Rego, NY 11354 718-294-3241	\$15.00 (L) \$25.00 (D)
<b>Queens</b>	<b>Whitman Sushi*</b>
50-50 26th Ave. Astoria, NY 11375 718-294-0525	\$25.00 (L) \$35.00 (D)

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<b>Long Island</b>	<b>Restaurant Yamaguchi*</b>
5-62 1000 Ave. J. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Onobara</b>
200 Northern Blvd. Manhasset, NY 11030 516-421-3438	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Isotani Japanese Steak House*</b>
6-04 51st Ave. Great Neck, NY 11021 516-466-4932	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Kobu Restaurant*</b>
207-1000 1st Ave. Manhasset, NY 11030 516-221-0206	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Kure Sake*</b>
227 New York Ave. Syosset, NY 11791 516-475-0381	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Kurafusa*</b>
21 Corporate Center Dr. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Musashi Restaurant*</b>
100 Northern Blvd. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Nagatsuna</b>
11-11 Jackson St. Jamaica, NY 11430 516-221-0206	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Sau Restaurant*</b>
22-01 22nd St. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)

<b>Long Island</b>	<b>Shiro of Japan*</b>
400 26th Ave. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Taka Sushis</b>
621 Corporate Center Dr. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Toriko</b>
100 1st Ave. Great Neck, NY 11021 516-466-1000	\$25.00 (L) \$35.00 (D)
<b>Long Island</b>	<b>Yakus Palette Too*</b>
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<b>Westchester</b>	<b>Asian Teapots*</b>
25 Monticello Ave. White Plains, NY 10601 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Gyo-Kaku*</b>
100 West St. White Plains, NY 10601 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Hajime*</b>
201 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Kaku*</b>
210 1st Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Makoto</b>
61 Court St. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Musashi*</b>
201 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Noda*</b>
200 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Roc N Rolla 364*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>Westchester</b>	<b>Sau Restaurant*</b>
200 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)

## New Jersey

<b>New Jersey</b>	<b>Asahi Japanese</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Osaka</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)

<b>New Jersey</b>	<b>Asahi Sushis</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Asahi Sushis &amp; BBQ*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Huge Fat Fish House*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Honcho Sushis*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Ichu Don Restaurant</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Kanami*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Kanagashi*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)

<b>New Jersey</b>	<b>Kanagashi Sake*</b>
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<b>New Jersey</b>	<b>Kanagashi Sake*</b>
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<b>New Jersey</b>	<b>Kyushu Sushis*</b>
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100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
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100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Musashi Sushis*</b>
100 National Ave. Yonkers, NY 10505 914-224-0221	\$25.00 (L) \$35.00 (D)
<b>New Jersey</b>	<b>Nagasaki Sushis*</b>
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<b>Midtown East</b>	<b>Cafe Zappa East Village</b>	
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# Mixology Lab

As winter deepens, we crave hot drinks, and Japan has a long tradition of drinking hot alcohol to warm up from the inside. Here sake sommelier Yuki Minakawa introduces a hot cocktail that maximizes the beautiful flavor of Yamahai-type sake.



## Tengumai Yamahai-Junmai

**Category:** Junmai **Style:** Yamahai

**Origin of production:** Ishikawa Prefecture **Rice Variety:** Gohyakumangoku

**Milling rate:** 50% **Alcohol content:** 15-16% **Bottle size:** 1.8 L, 720 ml

**Features:** The union from the rice and the rich, mature taste thanks to its yamahai brewing method are the distinctive features of Tengumai Yamahai-Junmai. The sake goes well with full-bodied foods such as chawan, juicy steak, smoked dishes, and grilled and simmered dishes with thick sauces. It can be enjoyed at a wide range of temperatures from chilled to hot to even on-the-rocks. When warmed up, its aroma wafts up wonderfully and the flavor becomes fuller on the palate.

Distributed by New York Mutual Trading

## Shiitake-infused “Tengumai” Warm Sake

Cocktail recipe courtesy of Yuki Minakawa of Kokage by Kajitsu

Yamahai style sake tends to have a powerful flavor with a pleasing sourness, which makes it known to be good for drinking hot. Yuki Minakawa, sake sommelier of Kokage by Kajitsu, created a unique warm sake blending the taste of Tengumai Yamahai-Junmai and the earthy umami of shiitake mushrooms. “Yamahai style has a lot of mushroom in its profile with a little bit of sourness. And Tengumai Yamahai is a light and soft type of yamahai sake, so I thought it would blend well with shiitake’s flavor,” says Ms. Minakawa. You might not expect a mushroom flavor in sake, but it really works in warm sake, especially for an ochigaburi (Japanese New Year) event.

### Ingredients, Serves 1

- 3 oz Tengumai Yamahai-Junmai □ 1 oz Kokage hamonade shiitake vinegar\* □ 1/2 oz shiitake water\*\* □ 1/2 oz maple syrup (Grade B)

- Directions:** 1. Mix shiitake vinaigrette, maple syrup, and shiitake water well.  
2. Add in Tengumai Yamahai-Junmai.  
3. Warm up to 130°F to serve.

\*Shiitake sauce (1/2 tsp), apple vinegar (200 ml), 1/2 tsp shiitake mushrooms and low-sodium soy sauce (1/2 tsp) and bring it to a boil. Simmer for 10 minutes with vinegar (1/2 tsp) (recipe at Kokage).

\*\*Shiitake stem shavings in water for a few hours.



## Shoto Shuzo Co., Ltd.



Supervised by Koto Toji, one of the most distinguished top (brewmaster) groups, the brewery aims to produce sake that can be enjoyed with food, especially their local Kaga cuisine which has a profound and complex flavor. Also the brewery is a pioneer in reviving traditional “yamahai” style brewing in the late 1950s. To-day yamazake is the brewery’s signature style producing the largest quantity of top quality yamazake.

801 Howard Street, Hakone-shi  
Midtown JAPAN 524 0623  
TEL: 011-36-275-0789 | [www.tengumai.co.jp/english](http://www.tengumai.co.jp/english)

## Kokage by Kajitsu

Produced by Kajitsu, a shōjin ryōtei Buddhist monk vegetarian restaurant specializing in vegetarian, Kokage is Kajitsu’s non-vegetarian, casual eatery restaurant, serving authentic Japanese food with the finest seasonal ingredients from Japan, as well as from local farmers. The menu is more casual than that of Kajitsu, consisting of sashimi, chawan, and other dishes. The signature dishes include the house-made sake rice dish with steamed duck, wagyu beef sashimi, and Kaga-style sake (sake ka) sushi.

125 E. 28th St. (bet. Madison & 3rd Ave.)  
New York, NY 10016  
TEL: 917-388-0847  
[www.kokagejap.com](http://www.kokagejap.com)





## Smelly Yet Therapeutic Sulfate Onsen Hot Springs

Bathing in *onsen* [hot springs], strolling around *onsen* towns, and savoring local delicacies are some of the most luxurious experiences you can have during a visit to Japan. Japan is home to countless *onsen* springs/towns, each of which has unique temperatures, settings, facilities, customs, and therapeutic effects. The mineral content, acid-alkaline balance, and temperature of the hot springs, particularly that of *onsen* with a high sulfate content, are believed to help with skin problems, high blood pressure, diabetes, gout, arthritis, and other ailments. Thanks to these health benefits, sulfate *onsen* are popular despite their notorious rotten-egg smell. Here we introduce notable *onsen* towns that have sulfate springs.

**Naborikawa Onsen** in Hokkaido is one of the leading *onsen* spa resorts in Japan because of the high quality and quantity of its spring water. There are nine different springs, including a milky white sulfate spring. A nearby spot called Jigokudani (The Valley of Hell) has many craters that push out gas and hot water, offering a fantastic view visible from an observation walkway. Since it's located in Hokkaido, which is famous for great seafood and wines, there is no shortage of scrumptious local food.



Literally meaning "silver mountain hot spring," **Gozu Onsen** used to be a wintering town nearly 500 years ago and became a popular therapeutic *onsen* town about 250 years ago. Located deep in the mountains of Yamagata Prefecture, this *onsen* town has a retro atmosphere, with many of the *onsen* inns built 50 to 100 years ago in an older architectural style. The view of riverside *onsen* turns quite enchanting in the evening, when gas lamps are lit. Today, visitors come for the amenities as well as the quality spring water of the *onsen*.

If you want to plan a one-day trip from Tokyo, **Shirahara Onsen** in Tochigi Prefecture might be a good option. Nestled in the forest, this *onsen* has 1,200 years of history and has attracted numerous literary figures and artists because of its beautiful views, dynamic landscape, and romantic atmosphere. It has many tourist attractions and destinations that visitors can enjoy before and after *onsen* bathing. Since it is an upscale *onsen* town, you can enjoy *onsen*-hopping as well.

**Shirahara Onsen** in Nagano Prefecture is located inside Chubu Sangaku National Park and is known for its milky white spring which dates back to the Kamakura period (1185–mid-fourteenth century). The name, *Shirahara*, meaning "white horse," comes from the equestrian *Daibutsu* Dye (Great Bodhisattva Pine, later made into an internationally known film, *The Swast of Gods*) by Kiyon Naitoku, who lived the *onsen*.

**Kirishima Onsen-kyo**, located in a volcano-ridden area, refers to a group of *onsen* towns spanning Kirishima City to Yaku-chu in Kagoshima Prefecture. It has 300 years of history, and many historical figures visited to treat their ailments with the sulfate-rich *onsen* spring. Surrounded by beautiful nature at the foot of the sacred Kirishima Mountain, Kirishima Onsen-kyo also offers numerous other activities you can enjoy besides the *onsen*.

There are other sulfate *onsen* in Japan, but if you aren't able to visit right now, you can buy *yu-no-haru* (Bouillon of the hot spring), a natural bath salt containing sulfates, to enjoy the effects of sulfate *onsen*.



Visitors can walk through and enjoy a beautiful natural landscape in Naborikawa Onsen.



Stroll up with Taisho Era (1912-1926) style in Shirahara Onsen. Onsen is lit with landscape lighting.



Hokkaido onsen-bathing history. Shikotsu Onsen Hot Spring is one of the top 100 onsen in Japan. Today, they offer a choice of *onsen* area.

### RIGHT WAYS TO BATHE IN SULFATE HOT SPRING

Since it's high in sulfur content, the sulfate hot spring has a great healing power. However, it is too strong if you use bathes in it. It is recommended to get sulfate spring water onto the body parts farthest from your heart. First, splash feet and hands. Then, gradually move on to those closer to the heart. Many *onsen* lovers tend to bathe as many times as possible when they come to an *onsen* town, but it should be kept at three times maximum if you bathe in sulfate *onsen*. Also, you should not stay more than three minutes in the sulfate *onsen*. Sulfate spring water is soft on your skin, and you don't need any soap to wash your dirt off. Since it has detoxifying effects, the water greatly removes stains in your body.







## Arranging Spaces Through the Art of Ikenobo Ikebana



During my time in Japan and here in New York I have tried many of the Japanese arts such as shodo (calligraphy), which I studied for many years and sado (tea ceremony), which I tried while studying abroad in Kyoto. However, I never had the chance to try ikebana (flower arrangement) until a recent class at The Nippon Club. Also known as ikenobo, this ancient practice goes back 550 years, and similar to the other "do" arts it largely incorporates seasonal aspects.

The winterberry, nozue and lomon leaf to be used reflected the current cold weather. Before making our own creations we were given a brief overview and demonstration by teacher Mr. Naotaka Nada of Ikenobo, one of Japan's oldest and most prestigious ikebana schools. He explained that the flower arrangement we would be undertaking was from his school, specifically its natural free style. Its basic elements are its long, medium and short materials, known as "shin," "soe" and "tai," to be arranged in a 7:5:3 space ratio. The shin length should be 1.5 times the bowl's diameter plus its height, the soe should be 2/3 of the shin's length, and the tai which serves as the arrangement's anchor should be 1/3 of the shin.

This may sound prescriptive, but according to Nada Sensei there are thousands of possibilities. He

highlighted the importance of deciding which side of the flowers to feature, as well as cutting them in water or at least putting them in water after cutting. Flowers should be put in positions where their roots touch each other with no space in between. Nada Sensei emphasized that you are not only arranging flowers but the space itself, and that like with haiku you don't want to add too many as "less is more."

I began by pruning the respective winterberry before using them as my shin, soe and tai. Next was 3 nozue and lomon leaves to serve as materials that supplement the main branches. It was hard to tell if I had used enough flowers or needed to add some, as my Western sensibility was saying "more is never enough." However, I kept it minimal and completed my creation, eagerly awaiting Nada Sensei's feedback. It was a bit disheartening when he dismantled what I had put together, but in the hands of a pro my arrangement took on a new life showing the great depth of ikebana.

—Reported by Stacy Smith

**Ikenobo Ikebana Society of America**  
www.ikenobosociety.com

**Ikenobo Ikebana Class at The Nippon Club**  
11514 12th St., New York, NY 10036  
TEL: 313-681-2222 | www.nipponclub.org/babae



Before we begin our creation, Nada Sensei provided the class with an overview of each of the sections along with an initial demonstration.



Regardless of how perfecting all flowers must first be placed vertically in the ikenobo as base. To change direction, you cut after their angles after insertion.



In trying my hand at ikebana I realized that not as simple as it looks, though it allows for great creativity which is liberating.



Nada Sensei found my initial pointing and flouting extremely disheartening, as that of the "soe" had the same orientation.





## KEIO ACADEMY OF NEW YORK US-JAPAN Summer Cultural Experience



## Interested in Japanese Culture?

Join us from July 23rd to August 5th, 2017 for a special opportunity to engage in cultural exchange with students from Japan.

We're welcoming middle school and high school students of any Japanese language ability to participate. In addition to language courses, we offer many elective courses and activities covering topics such as pop culture, literature, arts, sports, and food. Also participate in our video production workshop taught by professionals for a truly immersive, hands-on experience where you will work closely in groups to create your own films. You'll be supported by our experienced and well-trained staff the whole time and stay in our residences with both Japanese and American participants to help build a strong sense of community.

To learn more and visit our facilities, come join us at our information session on Sat, April 8th, 2017 or schedule a campus tour and talk directly with our Summer Program staff.

For more information, visit: [www.keio.edu/summer-program](http://www.keio.edu/summer-program)

**We will be celebrating the program's 10 year anniversary!**

KEIO ACADEMY OF NEW YORK Summer Program Office  
10 Collegeville Avenue, Wyncott, NY 11790-1001  
Email: [kaisummer@keio.edu](mailto:kaisummer@keio.edu) | [www.keio.edu/summer-program](http://www.keio.edu/summer-program)



**Show the flore 2017**  
- Discover Beautiful Japanese Flowers -  
Fri, Jan. 20, Sat, Jan. 21, 2017

Hoppp Gallery New York  
434 Greenwich Street  
New York, NY 10013  
[www.facebook.com/flore21jp](http://www.facebook.com/flore21jp)  
[Flore2017show@ms-newyork.com](mailto:Flore2017show@ms-newyork.com)

## Charms in Japan



## O - f u d a

O-fuda, also known as pika, is a Japanese talisman used by Shinto shrine and temples. The o-fuda is believed to have the power to adjust energy flow and maintain energy level, therefore, it protects family from misfortune and disease, repels evil, and brings prosperity. Usually it's used before the end of a year, and people place it inside a residence, a house shrine side shelf or attach it to a slightly higher position of a door pillar, or ceiling. The character symbolizing Kasa (the Dory of Shinto) or sacred space, is drawn on o-fuda. O-fuda should be renewed yearly or when it has expired.

Courtesy of Bruce Nakamura (<http://modernart.museumofart.org/bruce/>)  
Illustration by Mikihiro Kuroki











# JAPANESE SUB-CULTURE WATCH

**Design on a Dime: ¥100 Art Supplies** By Wendell T. Harrison  
Whether you're a pure beginner looking to practice a new art form, or an expert needing to restock supplies, your local ¥100 shop can help you get your next art project done without breaking the bank. Here are just a few of the different types of arts and crafts you can try out (1 USD=115 JPY - as of December 15, 2018)



## Drawing

You can find everything you need to sketch to your heart's content at your local ¥100 store. There are classic wooden pencils for thicker lead points, mechanical pencils for those detailed lines, and a wide selection of pens for the bold among you. If you're someone who needs absolute precision, you can find rulers or protractors nearby. For those who can admit not being perfect, grab a few erasers while you're there. And, because it's Japan, you'll likely be given a choice between the standard functional eraser or a cute eraser that perhaps smells like food or at least looks like it. At ¥100, the only mistake would be passing these up!

## Painting

Paints and paintbrushes are items where quality is indeed noticeable

to the artist. There's a clear distinction between a \$1,000 Kolinsky sable brush and its ¥100 brethren. However, if you're in Japan without your normal set of media, having some disposable supplies isn't a bad idea. You can pick up everything you need from a well-stocked ¥100 shop. The large Daiso we visited had acrylic, watercolor, and glitter gel paints, as well as wood stain and appropriate brushes. Need a canvas or poster board—or even wood to be stained? Fret not, because painting surfaces and mixing palettes can usually be found close to the paints.

## Papercrafts

Japan is the land of origami, and naturally you can find a wide variety of papers to choose from at the ¥100 shop. But there are other amazing things to buy that are made from or with paper if you're hoping for something a bit more

3-D, try your hand at paper clay. Paper clay, made from paper, can be manipulated into several shapes and hardens when it dries—perfect for making crafts with kids.

## Calligraphy

If you're in Japan working on your shodō, or just have an interest in writing Chinese characters with style, you can pop by your local ¥100 shop to pick up brushes, dark ink, and even papers to practice on. Some stores will give you a choice between liquid or solid sumi, but if you're really a beginner then perhaps pick up a calligraphy pen to practice. These pens simulate a brush at the tip but require no ink prep or cleanup.

## Scrapbooking

If you're into preserving your treasured memories and showing off your creative side, the ¥100 shop is almost certain to have scrapbooking supplies in stock. With a wide selection of adhesive stickers, hole punches with intricate shapes, and numerous rolls of decorative tape, your friends and family might be too impressed with your design skills to notice the price tag within.

## Seasonal Decorations

Japan celebrates a few important holidays each year, and some, such as Halloween, have only been increasing in popularity. This ¥100 shop in particular had a large selection of ghost and zombie deco including fake blood as well as assorted parts for costumes. But even if your local branch isn't as prepared for the spooky season, with all the art supplies available at any given shop, you can let your creativity flow and create the most exciting Halloween costume or party. Expect the same seasonal aplomb at Daiso stores as well!

Article courtesy of All About Japan  
[www.allabout-japan.com/en/culture/100/](http://www.allabout-japan.com/en/culture/100/)



## #ChopsticksNY



## Share your photos on Instagram with #chopsticksny!

The best photographer of the month gets a gift from us







## Shop Guide

The following is a list of shops where you can buy Japanese goods, services and more.  
 \* Closed on Wed. now table to pick up

### FASHION

#### Upper West Ber's Kids\*

633 Columbus Ave. (bet. 79th & 82nd St.)  
 (212) 491-1825

#### Upper East R by Gigen

111 E. 57th St. (bet. Market & E. 58th St.)  
 (212) 720-6045

#### Upper East Seige Accessories

1347 Madison Ave. (bet. 95th & 100th St.)  
 (212) 464-0725

#### Upper East SEIGO NEWYORK

1287 Madison Ave. (bet. 95th & 100th St.)  
 (212) 491-4121

#### Midtown West UNIKO

51 W. 58th St. (bet. 57th & 59th St.)  
 (212) 469-4740

#### Midtown West UNIKO

600 5th Ave. (bt. 52nd & 53rd St.)  
 (212) 471-4742

#### Midtown East Mike Ramo

1033 1st Ave. (bet. 86th & 87th St.)  
 (212) 469-4742

#### Midtown East Zora Hellebronn

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-3622

#### Midtown East Jenkie Yoshida

254 3rd Ave. (bet. 25th & 26th St.)  
 (212) 354-0267

#### Gramercy Gradiella New York

46 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 222-2222

#### West Village Yusaku

301 W. 4th St. (bet. 2nd & 3rd St.)  
 (212) 469-4742

#### East Village AFGOSY

60 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Local Clothing

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Patricia Field

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Tokio J

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Tokyo Joe

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Ber's Kids Tokyo

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Mike Ramo

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Arth

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### SoHo Rudiola New York

211 Broadway (bet. 7th & 8th St.)  
 (212) 469-4742

#### SoHo Mike Mize

60 Broadway (bet. 7th & 8th St.)  
 (212) 469-4742

#### SoHo R by Gigen

100 Mercer St. (bet. 7th & 8th St.)  
 (212) 469-4742

#### SoHo UNIKO

547 Broadway (bet. 7th & 8th St.)  
 (212) 469-4742

#### SoHo Yoko Yamasaki

101 West 11th St. (bet. 10th & 11th St.)  
 (212) 469-4742

#### Gramercy Genna

1347 Madison Ave. (bet. 95th & 100th St.)  
 (212) 469-4742

#### New Jersey UNIKO

1 Hudson Plaza Pl. (bet. 1st & 2nd St.)  
 (212) 469-4742

### J-POP CULTURE

#### Upper East Orisa Gift Shop

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-4742

#### Midtown West Book One\*

410 W. 4th St. (bet. 2nd & 3rd St.)  
 (212) 469-4742

#### Midtown West Kinokuniya Bookstore

1033 1st Ave. (bet. 86th & 87th St.)  
 (212) 469-4742

#### Midtown West Manga USA

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-4742

#### Midtown West Mikasa Comics\*

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-4742

#### Midtown East JNU Comic Books

211 1st Ave. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### Midtown East Mikasa Comics\*

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-4742

#### Gramercy Genna

1347 Madison Ave. (bet. 95th & 100th St.)  
 (212) 469-4742

#### East Village Tokyo Joe

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Mike Ramo

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Arth

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village AC Geeks

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Forbidden Planet

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Ken's Value St. Meiko

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Sunrise Mart

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Sky Tokyo

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### East Village Video Games New York

301 E. 20th St. (bet. 1st & 2nd St.)  
 (212) 469-4742

#### SoHo Sunrise Mart, SoHo

404 Avenue B. (bet. 7th & 8th St.)  
 (212) 469-4742

#### Gramercy Avenue Candy\*

301 Madison Ave. (bet. 79th & 82nd St.)  
 (212) 469-4742

#### New Jersey Genna

1347 Madison Ave. (bet. 95th & 100th St.)  
 (212) 469-4742

### TRADITIONAL

#### Online J-Life International Inc.

Life Japan. Buy traditional kimonos and accessories online. Free shipping. Free returns.

#### Life Japan

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#### Japan Square

www.japan-square.com

#### Online Tokyo New York

www.tokyo-new-york.com

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# MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

## Vol. 66 - MONO of the month

### Kaikado Tea Caddies

Those who are familiar with Japanese culture may immediately recognize a Japanese designed container. Whether one is into bento, boxing a lunch or wrapping a gift of any kind, in Japan the container itself can be just as special if not more so than its contents. When it comes to tea, the *chawan*—tea caddy—is a prime example of this type of steadfast commitment to perfecting both storage and presentation. And when it comes to tea caddies, few are as exemplary as the metal tea caddies by Kaikado.

Kaikado is one of the oldest Kyoto Japanese companies, founded in Kyoto in 1875, just shortly after Japan re-opened its doors to the world. Utilizing tin, which was introduced through trade with England, Kaikado came up with his first designs in order to accommodate Kyoto tea drinkers that were seeking high-end, functional storage solutions for their valuable merchandise. Today, the company has reached its sixth generation of family ownership, which has allowed it an unparalleled ability to stick to its original design and hand-made manufacturing traditions, while still expanding to accommodate global demand for its products.

What makes Kaikado's tea caddies so unique is its airtight seal—possible only through the 130 to 140 steps that it takes to make them. His design was so effective that the original dyes and molds from 130 years ago are still used today for some of the company's product lines. The double-walled construction ensures protection from humidity, by keeping its contents dry, the caddies not only help maintain texture but also scent and flavor. Therefore every time you open the caddy the scents that run out of it are nearly as intense as the first time.

But what is even more impressive about Kaikado is that instead of becoming increasingly ostentatious over time, the company moved towards simplicity, placing the most importance on the craftsmanship and the materials. And these naked, purely metal caddies are a shining example of *wabi-sabi*; as they go through rainfall and wear their sheen actually adds a unique character and ultimately makes them more beautiful. It can take several years for this to happen, but the caddies age in direct relation to their owners' life or her use, and the environment.

It is an amazing feeling to hold one of these in your hand. The container is incredibly smooth and sturdy, and the colors are deep and organic. But the most incredible feature is how the lid and the container line up to create an airtight seal. When you place the lid on the joint line, it slowly glides onto the base on its own as though it is a machine—but there is no grease or active mechanism, just perfect engineering and forging that makes two individual pieces fit together seamlessly. It's no wonder that people who witness the Kaikado Chawan can't resist buying it on the spot.

Today, buyers can choose from caddies made in copper, tin, brass, or silver. The blank ones are the most common, but buyers can also find beautifully etched versions. Even if you don't drink tea, this is perfect for items you wish to keep protected from humidity, including dried herbs and spices, beans, pasta, and coffee beans.

**Kaikado** [www.kaikado.jp/english](http://www.kaikado.jp/english)

**Deep orange Kaikado tea caddy**

Artist: Dai Arima Goshin

159-117 Abeno-3, Abeno-ku, Kyoto, Japan

19 Butler St. Dr.

50 Prince St., New York, NY 10012



Each caddy holds its much beauty as its simplicity. The perfect complement to whatever it stores.



Watching the caddy change over time is like seeing a sunset over tea.



It's difficult to contain that their perfect points of metal are forged by hand.







## Shincore - Good Enough to Eat

MARIKO SATO OF CHIDORIYA CORP.

**What is the philosophy behind Chidoriya, and how is it reflected in your products?**

Truly honest ingredients. We offer completely natural products for all skin types including sensitive skin. The cosmetic ingredients of our products are so pure, they could be eaten.

**Could you tell us about your career background?**

I started my career as a makeup assistant for Ms. Tamomi Horikawa, founder president and the second daughter of the founder of Chidoriya corp., when she was doing makeup actively in New York in the early 1980s. I also worked in several salons including Sachi & Oliver Hair Salon, Georgetown Kings, Takashimaya and Shu Uemura at Barney's New York. After that I took the position of manager at a brand new aesthetic salon in Minami Aoyama, Tokyo. In 1999, I came back

to New York and joined Chidoriya corp.

**Water in New York is harsh on the skin. Any advice for our Shincore regimes?**

It's best if we could sleep and eat well, but I know it is challenging with a busy lifestyle. One good thing to keep in mind for skincare is to maintain good balance, as our dentist always says. There are three simple daily steps. One - cleanse with a good and mild cleanser, Two - tone and balance your skin with a high-quality natural toner, and lastly - hydrate with both cream and/or beauty oil to seal the water into your skin.

**Please share a beauty or health tip you do regularly.**

Good wine and great friends! I don't know if these will be good tips for everyone, but they work for me! And keep in mind that healthy thinking = a healthy life.



Ms. Sato doing an oil skin decontamination at Chidoriya salon in Manhattan, New York. Chidoriya introduces a new skin-care style: purifying your skin naturally before the water. After good hair, water and Oxygen Beauty Seed Oil (O2) and Pure Camellia Seed Oil for hydrating.



Chidoriya's products are available online and in several select stores nationwide. For more information, go to their website: [www.chidoriya-world.com](http://www.chidoriya-world.com)

A knowledgeable and experienced aquatic-meditation combines many client's skin conditions, thoroughly and provides the best treatment control.

**All Treatment 20% off**  
**Deep Pore Cleansing \$76 (tax)**  
**Micro Dermabrasion & Deep Cleansing \$99 (tax)**

15 W 44th St. 3rd Fl. (bet 5th & 6th Ave.)  
 Mon-Fri 10am-7pm Sat & Sun 11am-7pm

**KATSUKO SALON**

**katsukosalon.com**

**KATSUKO SALON GARDEN NEW YORK**

**212 647 9303**  
 325 W. 11th Street New York, NY 10014  
 Mon-Fri 10am-7pm Sat & Sun 11am-7pm

**RH PLUS SALON**

**RH+**

805 3rd Ave. 3FL (bet 4th & 5th St.)  
 212 644 8058 [www.rhplusnyc.com](http://www.rhplusnyc.com)  
 Mon-Fri: 10am-8pm Sat & Sun: 10am-7pm

**YO-C SALON**

**Call + Text or Come in These Days Treatment \$200 (RTG) \$250 (Wax) Jan 28 - 31st**

225 East 54 Street  
 New York, NY 10003  
 212-529-0355  
[info@yo-csalon.com](mailto:info@yo-csalon.com)  
[www.yo-csalon.com](http://www.yo-csalon.com)





## Beauty Guide

800 CheapSticks lists the best offers and recommended prices for spa and beauty services. All prices are for one person.

### HAIR SALON

#### Midtown East BH Plus Salon\*

Try the new haircut design that Japan's BH Plus Hair Salon and the Great Hair / Japanese Beauty Salon. They have a lot of new haircuts and styles.

850 3rd Ave. 7th Fl. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids CombiCo Japan\*

Good Japanese hair salon with a lot of new haircuts and styles. They have a lot of new haircuts and styles.

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Upper East RU-ROCK\*

40 E. 75th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids CombiCo Japan Hair Salon\*

Good Japanese hair salon with a lot of new haircuts and styles. They have a lot of new haircuts and styles.

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village SALON VISION\*

Good Japanese hair salon with a lot of new haircuts and styles. They have a lot of new haircuts and styles.

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village RERBUT\*

Good Japanese hair salon with a lot of new haircuts and styles. They have a lot of new haircuts and styles.

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Upper East Mide\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Upper East Toroko Shima Hair Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Yu C Salon\*

Good Japanese hair salon with a lot of new haircuts and styles. They have a lot of new haircuts and styles.

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown West Mitsu Hair & Make up

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Dorian Hair Salon

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Epi Salon

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Hair Master Hair Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Husko Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Mitsu/SOHO Hair Salon

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Monocore\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East Solan House

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East T-Garden Hair Salon

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Midtown East YUKIE Hair & Nail Salon

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Husko Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids KIVA Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya Beauty Salon & Spa

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya New York\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### Orchids Kaya Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Kiyoko Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Q Hair\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Tokyo Hair Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Tokyo Hair Salon\*

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110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

#### East Village Tokyo Hair Salon\*

110 W. 11th St. (near 10th St.) \$100 \$120 (incl. tax)

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## New Year Bold Style

Out with the old and in with the new.



## Happy New Years

あけましておめでとうございます。

Akemashite omedetou gozaimasu.



## Cowlicks Japan

Hair and Skincare Salon  
137 West 11th Street  
(between 10th & 11th Streets)  
212-367-2123  
cowlicksjapan.com





## Health Guide

Indicated practitioners are licensed in all 50 states.

• Chiropractors NOT available to book up.

### SHIATSU

#### Midtown West **Enle Social Shiatsu**

A combination of Shiatsu and Japanese Shiatsu. Mr. Enle's Shiatsu combines the best of both worlds, using the Shiatsu technique to release the body's energy and the Japanese Shiatsu technique to release the body's tension. Appointment is required. 10/19/17 10:00 AM - 10:30 AM. \$100. (212) 431-2000.

#### Midtown East **Enle's Center**



Shiatsu is a powerful and natural healing system that uses the body's own energy to release the body's tension and promote the body's natural healing process. 10/19/17 10:00 AM - 10:30 AM. \$100. (212) 431-2000. [www.enle.com](http://www.enle.com)

#### Upper West **Yusei Tsuru Self**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **Onken Health Spa NY**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **Saitan de Tokyo\***

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **esse NY LLC**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Herbal Power Wellness Spa**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **do Holistic Center\***

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Kinkadee**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Midtown Healing Arts**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Cowlicks Jagan\***

101 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### East Village **Kring**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Health Trail CO

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Upper West **Whitfield Holistic Health Center**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **Enle Social Shiatsu**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

### ACUPUNCTURE

#### Midtown West **Kanaguchi Acupuncture\***

Dr. Kanaguchi is a licensed acupuncturist and a member of the American Association of Acupuncturists. He has been practicing for over 20 years and has a wealth of experience in treating a wide variety of conditions. 10/19/17 10:00 AM - 10:30 AM. \$100. (212) 431-2000.

#### Midtown West **Wu Medical Holistic Institute NY**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **Wu Medical Holistic Institute NY**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Acupuncture Center\***

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Any Nature Center**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Comprehensive Acupuncture**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Lone & Compton**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Suika Natural Health**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Upper West **Mahe Acupuncture**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Chao Gai**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Long Island **Kinase Acupuncture**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **Dr. Wang**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

### DOCTOR

#### Upper East **Charles E. Leving Jr**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **Anson Medical Health Care**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown West **Wu Medical Holistic Institute NY**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Harvey Fajkowsky PhD**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **do Holistic Center\***

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Jagan Holistic Medical Practice**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Midtown Dental Group**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Mike Hayashi, DPM, PC**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Maridige Medical**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Harvey Hayashi, DPM, PC**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Acute Smile Dental**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Heritage Wellness**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Waterside Dental Care**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Chelsea **Herbal Healing Therapies**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **Edgerton Family Care Center**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **Japanese Women's Center**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **New Jersey Clinic**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

### CHIROPRACTIC

#### Upper East **Coen Chiropractic**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Dr. Louis T. Colvino**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Herold Chiropractic**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

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### OTHER

#### Upper West **Go to Holistic Health**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Midtown East **Pink Tea Massage**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### Upper East **Body By Chakra**

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

#### New Jersey **Club Metro USA\***

201 W 10th St. (212) 431-2000. \$100. (212) 431-2000.

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**Dr. Fajkowsky** **Dr. Lee**

**WatersideDental.com**



# What on Earth?

# OSHŌGATSU



**W**elcoming the New Year is the most important holiday activity and the most exciting celebratory event for the Japanese. The New Year celebration is called "o-shōgatsu" or "nenga" in Japan. Although many things are Westernized in modern Japanese society, they still observe o-shōgatsu in the traditional way: eating *osechi ryōri* (New Year dishes), going to *Atsumōde* (the first shrine visit), and decorating houses with conventional ornaments like *kadomatsu* (pine tree decoration), *shimenawa* (a rope made with rice straw), and *kagamomochi* (round rice cakes to offer to the gods). These are just some of the many things they do only during this period.

Reading *nenga-jo* (New Year's postcards) is another thing the Japanese enjoy on New Year's Day. Japanese customarily send New Year's postcards to their friends, relatives, co-workers, and business clients. This is similar to the Western custom of sending cards during the winter holiday season, but in Japan people consider it important that *nenga-jo* are delivered exactly on January 1st. Naturally, this day is the busiest day of the year for Japan Post because they have to meet everybody's wish to get their *nenga-jo* delivered on time. In order to achieve this mission, they even hire part-time workers to help deliver all the *nenga-jo*. Although E-cards are becoming increasingly popular, Japanese people still keep the custom of sending New Year's greetings via mail.

*Nenga-jo* usually have a New Year's message illustrated with graphics symbolizing the new year such as the sunrise, a pine tree, *kadomatsu* and *kagamimochi*. They are also commonly decorated with one of the 12 *eto* animals: mouse, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, or pig.

Every year is represented by a specific animal, and the *eto* for 2017 is the rooster.

Among the many *oshōgatsu* activities, *otoshidama* is the most exciting one for children. *Otoshidama* is originally a gift to celebrate the New Year, but today the word refers to money given to children from older people during the holiday. *Otoshidama* are handed out in a small envelope called a *pochibukuro*.

The Japan Post issues its own version of *otoshidama* in the form of *nenga-jo* with a lottery number at the bottom of the postcard. This is the most common type of *nenga-jo* the Japanese use. At the end of January, Japan Post discloses the winning numbers. The winners can exchange their *nenga-jo* for items like regional delicacies, travel options, memorial stamps, and cash.





# ASIA

## P. 42 Asian Travel



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### Bucket Travel Asia: Going Spiritual in Bali

We reported a tropical island of Bali, Indonesia, before, but this month we dig deeper into the island paradise and reveal its spiritual center, Ubud, meaning 'medicine' in ancient Balinese.

## P. 43 Asian Beauty + Health



© Sakun Chantana/Shutterstock.com

### Pandan: Beyond the Aroma and Flavor

Releasing a floral aroma and producing bright green juice, pandan leaf is a tropical plant that has been used for cooking for centuries. However, pandan's usefulness goes far beyond culinary usage.



## BUCKET TRAVEL ASIA: GOING SPIRITUAL IN BALI

Repeat visitors to Bali will talk about a number of things. The nature, of course—there are mountains and jungles, miles of beaches, and many popular “gateway” activities ranging from surfing to kayaking. The lifestyle is another—ranging from incredible restaurants to a bustling nightlife for people of all ages, no need goes unattended. But many more people find something deeper—something spiritual—on their travels, and this month, we will reveal a little more about this island paradise and its spiritual center, Ubud.

In ancient Balinese, “Ubud” means “meditation,” and indeed the area was founded in the 8th Century by Javanese Hindu spiritual leaders who first came here to meditate by the two rivers. Only an hour drive northeast from Denpasar Airport (one can even Uber these days), the higher elevation of this area makes it much cooler than most of Bali, which is much more comfortable for activities like prayer and meditation. Today, spiritual tourism is at its peak, not just thanks to locals like Ika, Puy, Love, but from word of mouth from the many expats and visitors to the country.

### Temples, Palaces, and Shaman

There is a collection of 10,000 Hindu temples and shrines located all throughout Ubud. Walk around or take a bike ride and you'll see one around every corner, and perhaps even pass by many more without noticing. So make sure to take your time. But if you were to only visit one, then consider **Pura Penataran Saeh**, just outside of Ubud. Here, you will see the **Moan of Pejeng** (c. 300 B.C.) which is the largest single-cast bronze kettle drum in the world. **Gajah Gajah**—the Elephant Cave—showcases intricate rock carvings that supposedly ward off evil spirits.

Ubud has long been a home for royalty, and few other structures in Bali will evoke an impression like **Ubud Palace (Puri Saren Agung)**, which still functions as the royal house. Here, you can catch local dance performances, and if you really want to minimize yourself, even stay in one of the sprawling guesthouses on site.

While in Ubud, make sure to ask the locals about the many **Shamans** who live in the area. While best, they can perform everything from spiritual healings and cleansing to reading fortunes and even performing wedding ceremonies. You will get an intimate look into the culture, as well as spend time in a shrine (which is often times a Shaman's home as well). This will require some online research on your part to find a reputable shaman who is uninterested in your spiritual awakening and not necessarily your pocketbook.

### Matters for All

It goes without saying that Ubud's **Second Monkey Forest Sanctuary** is a must visit. There are several temples here, but the main attraction of this sprawling area is the over 600 Macaque monkeys that enjoy following around the 10,000 mostly visitors who come to see them. But be warned—these monkeys are a little mischievous, and will snatch food containers and bags that are left unattended. Monkeys are cute until you have to chase after them.

Ubud also offers the opportunity to enjoy a host of outdoor activities. Walking and hiking are excellent



ways to explore, but also ask around about **bicycle tours**. You can cover more ground that way and travel through towns, the **Sambutan Forest**, and much more. **Ayung River Rafting** is also quite popular.

And don't forget to keep an eye on rice paddies, which seem to be everywhere in Ubud—the multi-tiered landscaping in places like **Tegallalang** village is really a sight to behold.

### Monkeys and More

You will most certainly want a souvenir from your time in Ubud. **Ubud Art Market** and various street vendors offer a plethora of local wares. Wood sculptures and local textiles are quite popular. For something special and spiritual, try the store **Shiwaka**, which carries mala beads and healing jewelry that have been crafted with great care.

The area is also teeming with local restaurants that serve everything from casual, home-style cooking to fine dining. Warnings, which are in essence local cafes are especially authentic, and places like **Ban's Waringin** are highly recommended for their curries, ribs, and more going. Looking for something fancy? Places like **Katibon** and **Sweet Away** offer romantic settings and beautifully composed dishes.

There are a lot of obligations during the holidays, from shopping to gatherings and everything in between. Whether the modern lifestyle is weighing on you, or you are looking for a change, a trip to Bali may be in order.



Overlook view towards new Tegallalang village, Ubud.



A local shaman will provide insight into the ancient and perhaps add a few drops of eye-filling (and) spiritual jewelry here. Shiwaka will help with channeling your energy and charging your soul. Second.





# PANDAN: BEYOND THE AROMA AND FLAVOR

— Reported by Mirna Steinberg

Growing up, I usually took for granted that green-colored small that waited my way as my mom was cooking white rice in our Philippine kitchen. That heady aroma came from a single pandan leaf that lay inside the pot of rice as it was steaming.

Also known by its English name, screw pine, pandan is from the genus called *Pandanus*, of which there are about 600 known species. This tropical plant comes in sizes that range from small shrubs to big trees, and grows in parts of Southeast Asia, the Indo-Malayan and Polynesian regions, and Australia. Many Southeast Asian are most familiar with one species, the *Pandanus ameylitolus*, whose leaves are used to scent and color a plethora of sweet and savory dishes. The perennial plant has long, narrow, tough blades for leaves that grow from two to seven feet. The leaves can be boiled or steeped in liquid is poured to extract its green juice and pieces to flavor and color dishes. They also serve as natural containers or molds for food, such as wrapping for a popular deep-fried Thai chicken dish called *gai hor ban dai*.

But pandan's usefulness goes far beyond the culinary. In fact, it can be considered a natural foods powerhouse for its reputed medicinal benefits. Pandan contains essential oils, alkaloids, glycosides, and tannin that can prove beneficial to one's health. Research conducted by scientific and medical communities worldwide have probed into certain species' potential antibacterial and anti-cholesterol properties, making the plant as a source of antioxidants, diuretics, anti-inflammatory and antitubercular agents.

For centuries now, Asian and Polynesian societies who practice traditional medicine have used the plant's leaves and roots for ailments that include headaches, ear pain, fever, arthritis, stomach cramps and skin irritations. The highly versatile plant is also used to help alleviate hair loss and dandruff by mashing leaves into a paste and applying it to the hair and roots. The leaves can be chewed to freshen the mouth and strengthen gums. In the Pacific Islands, tea brewed from its leaves are given to women who



© Shutterstock/Chalchalin.com

have just given birth to help them recuperate faster. The leaves can be brewed with lemongrass which is believed to help soothe the stomach.

While pandan may not be as popular in this country as other Asian ingredients like, for example, ginger and lemongrass, it has made inroads in the culinary scene. At Filipino, Singaporean, and other Asian restaurants and grocers in New York City, you can find pandan made into sweets like cakes, ice cream, and agar jelly (natural vegetable gelatin), as well as in meat and rice dishes. Its tea form is now available in sachets. When people partake of these dishes, it's usually to enjoy pandan's nutty, piney flavor and aroma and they're probably unaware that they are consuming something that has been considered medicinal by Eastern societies for centuries.

Pandan leaves are available in Asian grocery stores in the U.S. in various forms. Also, dried form of pandan leaves can be purchased online, but fresh and frozen leaves are best for capturing its authentic flavor and aroma.



Dried pandan can be used as a recipe but one will need to use more to capture the essence of its flavor.



The sweet, nutty taste and greeny aroma of pandan can be enjoyed alone.











# Entertainment Event / Le sure

## Performance

January 12-14

**Elia Nagato Performance and Exhibition**

**Asia Society**

The Asia Society will host a performance and exhibition by Indonesian artist and choreographer Elia Nagato. Elia Nagato's artistic style is a unique mix of Indonesian rich traditions and popular culture tinged with dark humor. Using a distinctive blend of high and low art, Nagato's "Wilyang Bidadari" is a contemporary form of theater in which puppets and actors weave together traditional elements of Indonesian wayang (shadow puppets) with live theater and scripts that cast a satirical view on contemporary subjects. They will be performing "God Bless", a story on how Islam arrived to Java and became part of the Javanese culture, which includes elements of Buddhism, Hinduism and animism. Nagato's exhibition will also be held at the Asia Society's Museum Collection featuring a site-specific verbiage of single-channel video works. The exhibition will be on view from Dec 20 to Apr 18 2013. Tickets are available online.

**Location:** 75 Park Ave., (bet. 96th & 73rd St.)

**New York, NY 10021**

**RS: 212-207-7057**

[www.asiasociety.org/jc](http://www.asiasociety.org/jc)

January 28

**Enka Matsuo Birthday Bash**

**Jazz at the Kitano**

New York-based Japanese jazz singer Enka Matsuo, is celebrated for her passionate singing and unique blending of Brazilian and American sound. She will be performing at Jazz at the Kitano, to celebrate her birthday with her guests, Art Hirakawa (sax), Juana Maria (vocals), Roni Kato (bass), and Goro Ogawa (drums & percussion). There will be two performances and reservations are recommended.

**Location:** 48 Park Ave., (bet. 37th & 35th St.)

**New York, NY 10017**

**RS: 212-485-7117 / [www.kitano.com](http://www.kitano.com)**

March 14

**Albie Theo Tito Fest: Miki Lee & Chris Parker**

**Joe's Pub**

Albie Theo is an internationally known pop/jazz singer-songwriter celebrated for her swing-guitar jazz style and material piano play. Since her debut in 1978, she has performed worldwide and produced dozens of albums including one produced by T Bone Burnett. Joined by



© Koushiki Koushiki

her longtime New York friends and virtuoso musicians Will Lee (bass, vocals) and Chris Parker (drums), the Albie Theo Fest will be returning to Joe's Pub. Tickets are currently available online and at the box office.

**Location:** 425 Lafayette St., (bet. 4th St. & 5th St.)

**New York, NY 10017**

**RS: 212-677-7356 / [www.joespub.com](http://www.joespub.com)**

January 22

**Calligraphy Workshop**

**Friends Academy of Japanese Children's Society**



At the Friends Academy of Japanese Children's Society where young children through high school aged kids can receive Japanese language instruction, there will be a calligraphy workshop. Participants will have a chance to try "sukemono," the first shade calligraphy of the year and learn about the culture that has been observed in Japan for centuries. Anyone interested in Japanese culture, from elementary school-age kids to adults, is warmly invited to join. Reservations are required in advance via telephone or email.

**Location:** 319 W. 42nd St., (bet. West End Ave. & Riverside St.)

**New York, NY 10018**

**RS: 212-625-4325 / [www.friendsofjapan.org](http://www.friendsofjapan.org)**

## Event Feature

### 6th Annual Japan Day Art Contest 2017

Japan Day @ Central Park is featuring its 6th Annual Japan Day Art Contest 2017. Art submissions must include "Japan," "Central Park," and "New York" and only one submission per artist is accepted. The winning artwork will become the official image of Japan Day @ Central Park 2017 and will be used for the official Japan Day poster, program, flyers, and t-shirts. The

grand prize winner will also receive a pair of round-trip Economy Class tickets to Japan, provided by ANA. In addition, artists that receive honorable mentions will receive a digital camera provided by Nikon Inc. Moreover, their artwork will be displayed at an exhibition space of the Consulate General of Japan in New York. This year's prizes include renowned novelist, artist, and curator, Seishun Matsuda. He will select a piece from the submitted work to receive the special "Seishun Matsuda Award." The deadline to submit artwork is Jan. 15, 11 pm Eastern Time. The full contest details and the official Japan Day website.

[www.japandaycentralpark.com/2017/2017-JD-ATC](http://www.japandaycentralpark.com/2017/2017-JD-ATC)

## Happenings

Winter Japanese Language Courses 2017

**The Japan Foundation/Nippon Club**

The Japan Foundation and the Nippon Club are offering Japanese language and culture courses that winter with



learned Japanese language teachers. Starting in January, the A2 Elementary Japanese Refresher courses will teach students how to have meaningful conversations in Japanese. Some of the conversation topics will be how to give advice to someone who is sick and how to plan for vacations. The courses will allow for students to review for elementary level grammar and vocabulary. The class is recommended for students who are learners at beginner/intermediate and basic level. The courses will be held at the Nippon Club on Wednesdays from Jan. 15 to Mar. 6. To register, visit the Japan Foundation website or call 212 582-2223.



**Location:** 42 W. 47th St., (bet. 4th & 26th Ave.)  
New York, NY 10019  
**TEL:** 212-582-2223 / [www.jfy.org](http://www.jfy.org)

#### Free Color Treatment for Cheopsticks NY Readers Torako Shima Hair Salon



Torako Shima Hair Salon has been dedicated to providing the best hair styling services for their clients with multi-cultural stylists in two locations. The Japanese Torako Shima Hair Salon is offering a free color treatment to Cheopsticks NY readers when they book a hair coloring appointment. Customers can choose from the 60-plus color treatment, which retroactively damaged hair or Milbon color treatment, which maintains and activates dry hair. This offer is only available at the Downtown location and don't forget to mention "Cheopsticks Color Treatment" when booking your hair by phone.

**Location:** 235 W. 14th St., (bet. 7th & 8th Ave.)  
New York, NY 10011  
**TEL:** 416-434-1237 / [www.torakosha.com](http://www.torakosha.com)

#### Two Winter Promotions for New Customers AUBE Hair Salon New York

AUBE Hair Salon is a Japanese beauty salon with over 100

stylists in operation in Japan and has opened its first New York location in October 2016 in the East Village. Their extensive hair stylists bring up-to-date hair techniques and services from Japan. Their products and equipment are imported directly from Japan, making their services suitable for people with sensitive hair and skin. For new clients, AUBE Hair New York is offering two promotions. Choose either 30% off all services or a free Organic Head Spa (40 min.) with any service.



**Location:** 27 E. 10th St., (bet. 2nd & 3rd Ave.)  
New York, NY 10003  
**TEL:** 468-9941414  
[www.aube-new-york.com](http://www.aube-new-york.com)

#### 10% Off Cut and Treatment GARDEN NEW YORK

Japanese hair salon in the West Village, GARDEN NEW YORK, provides quality hair services by skilled stylists who have experience in Japan and New York. Their services include not only haircut and styling but also head spa and treatments. On weekdays in the month



of January, they will have a promotion, offering 10% off cut and treatment for first time customers (Reg. \$90 and up for cut and \$20 and up for treatment). You can start a great year with GARDEN's pampering hair salon in a relaxing space.

**Location:** 237 W. 14th St.  
(bet. Greenwich & Washington St.)  
New York, NY 10014  
**TEL:** 212-474-1300  
[www.garden-ny.com](http://www.garden-ny.com)

#### Free Glass of Sake in the New Year for Cheopsticks NY Readers Kizuki



Known for its great selection of shabu and Japanese home-style cooking using fresh local vegetables, Kizuki welcomes customers with a homely atmosphere. Celebrating the New Year from Jan. 1-3, in 2017 they offer a free glass of sake (Reg. \$8 for Cheopsticks NY readers. Don't forget to mention Cheopsticks NY when placing an order).

**Location:** 88 E. 3rd St., (bet. 1st & 2nd Ave.)  
New York, NY 10003  
**TEL:** 416-456-1252 / [www.kizuki-nyc.com](http://www.kizuki-nyc.com)



#### 9th Annual Christmas Art Illumination Ceremony

On Dec. 8, The Queens Crossing Mall and Crossing Art hosted its 9th Annual Christmas Art Illumination ceremony featuring an innovative Christmas tree sculpture titled "XMAS", created by local Queens street artist Haniel Lee. The Queens Borough President, New York State elected officials and community leaders joined the celebration and invited the community to participate in the celebration. Along with the lighting, there were special live performances by JR, SOLE, MILAN & YoungBLOW. The Queens Crossing Mall also celebrated the opening of their new food vendors at its food court. Carry Me & Sons, authentic Japanese tempura made by Japanese chef Takuma Akagawa. Happy Lovers of Indulgence Taiwanese bubble tea and cheese wrenched smoothies.

and Young Street Pops provided a great time.



able to make a selection of the highest quality greens, fish, vegetables and sauces. Pleasantry and visitors are encouraged to post their "XMAS" pictures with the illumination and hashtag #QueensCrossing on social media and use it for a chance to win limited editions of Christmas scarves from Pandora Jewelry.

**Location:** 136-17 26th Ave., (bet. 13th St. & 136th St.)  
Ridgely, NY 11354  
[www.queenscrossing.net](http://www.queenscrossing.net)



**January 28 & 29**

**Flower Arranging Class: Exhibition "Discover Beautiful Japanese Flowers"**

**FLOOR 21 | Apple Gallery New York**



**Japanese Flower Arranging FUSE**  
21 will host an event and exhibition promoting the charm of Japanese flower arranging.

Flowers as a gallery in Tokyo. Attended by Japanese leading florists: Kenjiro Kikawa, Hidemi Kameoka, Noriko Imai, and Hiroaki Ota. It displays flower arrangements created under the theme of "Perry Discoveries", "Why now a Day", and "Vegetables and Flowers". There will be a series of dramatic music played as well.

**Location:** 44 Greenwich St., 2nd Fl., New York, NY 10013  
**Res: 212-463-4389** / [www.applegallery.com](http://www.applegallery.com) / [www.facebook.com/AppleGallery](http://www.facebook.com/AppleGallery)

**\$100 Off Digital Perm for Chopsticks NY**

**Salon New York**

Japanese hair salon in Midtown East, Salon New York, is run by a veteran hair stylist/makeup artist who has extensive experience in fashion shows and shows. They are offering a digital perm to the first three Chopsticks NY visitors who order it for \$150 (Reg. \$250). Digital perm creates soft, bouncy curls, easy to style at home. The price includes hair cut too. The offer is valid only for first time customers. Don't forget to em-



mail. Chopsticks NY visitors who order it for \$150 (Reg. \$250). Digital perm creates soft, bouncy curls, easy to style at home. The price includes hair cut too. The offer is valid only for first time customers. Don't forget to em-

mail. Chopsticks NY and check if the offer is still available when making appointment.  
**Location:** 229 E. 52nd St., 2nd Fl., New York, NY 10022  
**Res: 448-79-8529** / [www.chopsticksny.com](http://www.chopsticksny.com)

**Tooth Cleaning for \$99**

**Waterliss Dental Care**



Dr. Furuyama and Dr. Lee have cared for patients over 50 years combined. They have always provided providing professional dental care for their patients. From Jan. 1 to Jan. 31, they are offering tooth-cleaning for \$99 (Reg. \$179).  
**Location:** 18 Westside Pl., 2nd Fl., New York, NY 10019  
**Res: 212-449-4389** / [www.waterliss.com](http://www.waterliss.com)

**Winter Kaito Accessory Sale with a 15% Discount**

**KORIM**  
KORIM Japanese Trading has specialized in providing Japanese merchandise to restaurants and home business since its establishment in 1987. This January KORIM is offering a 15% off discount on kaito accessory (whisking stick, bamboo straws, etc.) purchases at their Tribeca showroom and KORIM online shop. When making a purchase online, use the promo code: KAT217 to receive a 15% off discount.

**Location:** 57 West St., 2nd Floor, New York, NY 10007  
**Res: 1-800-426-5177** / [www.korim.com](http://www.korim.com)

**10% Off for Chopsticks NY Diners**

**8th Orchard Thai Kitchen**

**Sunnyville, NY**

Orchard street to

dinner and mod-

ern Thai cuisine

and Vietnamese

cuisine, using a

variety of fresh

ethnic ingredi-

ents, prepared by

Chef Mukda Saksudhawan.

This stylish location is the

only place where you can taste the original items which

is both diverse and affordable. From Jan. 1-Jan. 31,

the restaurant is offering 10% off for diners who

mention Chopsticks NY.

**Location:** 45-04 Queens Blvd., 2nd Fl., 11354

**Sunnyville, NY 11354**

**Res: 718-233-4389** / [www.8thorchardthai.com](http://www.8thorchardthai.com)



**DEAL OF THE MONTH**

**Opening Campaign: Korean Beauty Products Giveaway**

**Too Cool For School**



Korean Cosmetic brand "Too Cool For School" opened its U.S. flagship store in SoHo. Celebrating their opening they are holding a sweepstakes for their beauty products, only for Chopsticks NY visitors. Chosen are product from 10 pieces of Mask in Pocket (pink color lip tint), Supreme of Egg Mask Hydrating, and 5 pieces of Egg Mask Pore Tightening, and enter by emailing chopsticks2010@gmail.com with your choice of product by Jan 31.  
**Location:** 207 Jervis St., 2nd Fl., New York, NY 10013  
**Res: 448-489-3049** / [www.toocoolfor.school.com](http://www.toocoolfor.school.com)



**Senior Meet-up "Shabu Shabu Kairo-kai" Shabu Tatsu / Japanese American Social Service, Inc.**

On Nov. 22, Japanese seniors living in New York got together at shabu shabu restaurant in the East Village, Shabu Tatsu, and enjoyed scrumptious shabu shabu hot pot, ingredients of the restaurant. Organized by Japanese American Social Service, Inc. (JASSS) with the support of TIC Group that owns the restaurant, the meet up attracted about forty seniors. "I think older people have few opportunities to get together and the Shabu Shabu Kairo-kai meet provided a new twist with good, healthy foods. I will continue these kinds of activities and events to support senior people," said Mr. Ken Higashi, president of TIC Group, who donated \$2,500 to JASSS.



Mr. Masahito Mori, director of JASSS, expressed his joy about the event that has taken place since 1998. "There are many seniors living alone. I think that getting together and eating good food is great for their bodies and souls."  
**Location:** 214 E. 8th St., 2nd Fl., New York, NY 10003  
**Res: 212-675-7072** / [www.shabutatsu.com](http://www.shabutatsu.com)



# JF Japanese Language Course

Winter 2017

## FEATURED COURSE

### A2 Elementary Japanese Refresher Course I & II

Wednesdays  
6:15 - 7:45pm

Course I: 1/18, 1/25, 2/1, 2/8

Course II: 2/15, 2/22, 3/1, 3/8

Review elementary level grammar, vocabulary and conversational expressions on such topics as how you spent childhood vacations and what you want to do next vacation (course I) or how you are feeling and giving advice to someone who is sick (course II).

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*Let's chat in Japanese!*

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\*competence in accomplishing tasks (what you "can do" by using Japanese)

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(understanding and respecting other cultures by expanding one's frame of reference)



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